

A Guidebook To a Healthy Lifestyle

Inside this booklet, Amachi Pittsburgh will provide you and your family helpful resources to live a healthy life. Included are: healthy recipes, information on diet and nutrition, oral health facts, exercise ideas, and information about resources throughout the community that can be helpful in emergency situations.

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Breakfast



1. Yogurt, fruit, and wheat germ smoothies: You can change up the fruit options to add variety each day. The wheat germ adds fiber and folic acid, and you can't taste or see it, so the kids won't even notice. But they will definitely benefit from the extra nutrition. Freeze leftovers in ice pop molds for a quick dessert or cool snack on a hot day.

2. Eggs with cheese and whole grain bread: Serve scrambled, fried, or poached on some hearty whole grain bread with cheese for a super-filling, tasty start to any day.

3. Creamy oatmeal with maple syrup: To enjoy extra-satisfying, yummy oatmeal, cook using milk as half of your required liquid, instead of just water. Stir in a drizzle of maple syrup at the end for just the right touch of natural sweetness that kids dig.



Egg and Pepper Casserole

Ingredients

- 6 eggs
- 1 tsp. dry mustard
- 1 tsp. salt
- ½ tsp. Freshly ground pepper
- 4 c. milk
- 12 slice dense white sandwich bread
- 1 large red bell pepper
- 3 c. coarsely grated Cheddar cheese



TOTAL TIME: 2:45 PREP: 0:35 SERVES: 10

Directions

1. Beat eggs, mustard, salt, pepper, and milk together in a large bowl. Stir in bread, cover, and let stand 1 hour.
2. Preheat oven to 300 degrees F.
3. Cut red pepper into 1/4-inch pieces. Stir red pepper and cheese into bread mixture.
4. Oil a 9- by 13-inch baking dish, pour in bread mixture, and bake 1 3/4 hours. Remove and let stand 5 to 10 minutes before cutting into squares to serve.



Sausage Egg Casserole

Ingredients

- 3/4 pound ground pork sausage
- Johnsonville Fresh Italian Mild Sausage Links
- 1 tablespoon butter
- 4 green onions, chopped
- 1/2 pound fresh mushrooms, sliced
- 10 eggs, beaten
- 1 (16 ounce) container low-fat cottage cheese
- 1 pound Monterey Jack cheese, shredded
- 2 (4 ounce) cans diced green chile peppers, drained
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup butter, melted



Directions

Makes 12 servings

- 1) Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and set aside.
- 2) Melt butter in skillet, and cook and stir the green onions and mushrooms until tender.
- 3) In a large bowl, mix the eggs, cottage cheese, Monterey Jack cheese, and chilies. Stir in the sausage, green onions, and mushrooms. Cover, and refrigerate overnight.
- 4) Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch-baking dish.
- 5) In a bowl, sift together the flour, baking powder, and salt. Blend in the melted butter. Stir the flour mixture into the egg mixture. Pour into the prepared baking dish.
- 6) Bake 40 to 50 minutes in the preheated oven, or until lightly brown. Let stand 10 minutes before serving.



Mexican Breakfast Burrito

Ingredients

- 1 (15-ounce) can no-salt-added black beans, drained
- 2 teaspoons fresh lime juice
- Cooking spray
- 6 large eggs, lightly beaten
- 8 (8-inch) flour tortillas
- 1 cup Fresh Salsa
- 2 ounces crumbled Cotija cheese (about 1/2 cup)
- Lime wedges (optional)



Directions

1. Place beans and lime juice in a small bowl; mash with the back of a spoon until almost smooth.
2. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add eggs to pan. Cook, without stirring, until mixture sets on bottom. Draw a spatula across bottom of pan to form curds. Continue cooking, stirring occasionally, until egg is thickened but still moist. Remove from pan immediately.
3. Heat skillet over medium heat. Coat pan with cooking spray. Add 1 tortilla to pan. Heat 20 seconds on each side or just until soft. Remove from pan, and keep warm. Repeat procedure with remaining tortillas.
4. Spoon 2 tablespoons bean mixture, 2 1/2 tablespoons egg, 2 tablespoons Fresh Salsa, and 1 tablespoon cheese down center of each tortilla. Roll up. Recoat skillet with cooking spray. Place burritos in pan, and cook over medium heat 4 minutes or until lightly browned, turning occasionally. Garnish with lime wedges, if desired.

Lunch

1. Bacon & avocado sandwiches or wraps: This is a great way to use leftover breakfast bacon to add a salty crunch to any lunch. The buttery avocado really rounds out this sandwich into something special -- and filling, too! (If you're not a fan of avocado, you can sub it out for juicy tomato.)

2. Tropical chicken salad: Cut up leftover roasted chicken and mix with celery chunks, fresh pineapple, or mango cubes. (You can add a little mayo too, but you don't need it!) Mix well in a bowl and serve with crackers, sliced bread, or on some plain lettuce leaves for a refreshing twist on a classic lunch favorite.

3. Tomato soup with grilled cheese: Believe it or not, you can make an outstanding tomato soup with one ingredient: a can of whole, peeled tomatoes! Simply blend this up well, and pour through a strainer to remove seeds. Then, heat and season. If you have a couple of basil leaves to garnish, or want to stir in a tablespoon of heavy cream for richness, you can. Serve this with a delicious grilled cheese (made simply with your favorite bread and sliced cheese), and you've got a lunch feast you won't forget!

Healthy Chicken Pot Popovers

Total Time:

1 hr

Prep:

20 min

Cook:

35 min

Yield: 6

servings

Ingredients

Popovers:

- Baking spray with flour
- 1 cup whole milk
- 3/4 cup all-purpose flour
- 3 large eggs, lightly beaten
- 1 teaspoon pure vanilla extract
- Kosher salt
- 3 tablespoons unsalted butter, melted
- 1/4 teaspoon baking powder

Filling:

- 3 cups low-sodium chicken broth
- 1/3 cup all-purpose flour
- 4 tablespoons grated Parmesan
- Kosher salt and freshly ground black pepper
- 1 cup frozen peas and carrots
- 1/2 rotisserie chicken, skin discarded and white and dark meat shredded (about 3 cups)
- 1/4 cup loosely packed flat-leaf parsley, chopped, for garnish

Directions

Preheat the oven to 400 degrees F. Spray a 12-cup muffin tin generously with the baking spray.

For the popovers: Whisk the milk, flour, eggs, vanilla and 1/2 teaspoon salt in a medium bowl until combined. Drizzle in the melted butter while whisking until combined; let the batter stand for 5 minutes. Add the baking powder; whisk the batter to combine and divide it evenly among the muffin cups (a scant 1/4 cup batter per muffin cup). Bake the popovers until puffed and browned around the edges, 20 to 25 minutes, rotating the pan about halfway through.

For the filling: While the popovers are baking, put the broth and flour into a medium saucepan and whisk until the flour is dissolved. Place the saucepan over medium heat and whisk continuously until the mixture comes to a boil; continue to whisk until the mixture is thick enough to coat the back of a spoon, 4 to 5 minutes. Reduce the heat to low and whisk in 2 tablespoons of the Parmesan, 1-teaspoon salt and 1/4 teaspoon pepper. Stir in the peas and carrots, then the chicken; cover to keep warm.

To assemble: When the popovers are done, turn them out of the pan, using a small spatula if necessary. Arrange 2 popovers on each of six plates or bowls and top with the chicken filling, dividing evenly among the popovers. Garnish with chopped parsley and sprinkle on the remaining 2 tablespoons of grated Parmesan.





TOTAL TIME: 1:00 PREP: 0:25
SERVES: 4 to 6

Ingredients

- Cooking spray, for baking dish
- 2 c. ziti
- Kosher salt
- Freshly ground black pepper
- 1 lb. ground round
- 1/2 small onion, chopped
- 1/4 c. panko breadcrumbs
- 2 garlic cloves, chopped
- 1 large egg
- 1 tbs. canola oil
- 1/4 c. dry red wine
- 1 (24 oz.) jar marinara
- 2 bunches flat-leaf spinach, stems discarded and leaves torn (about 4 c.)
- 3 tbs. chopped fresh flat-leaf parsley, plus more for garnish
- 3 tbs. chopped fresh basil, plus more for garnish
- 8 oz. bocconcini (small fresh mozzarella balls)

1.

Meatball-and-Spinach Baked Ziti

Directions

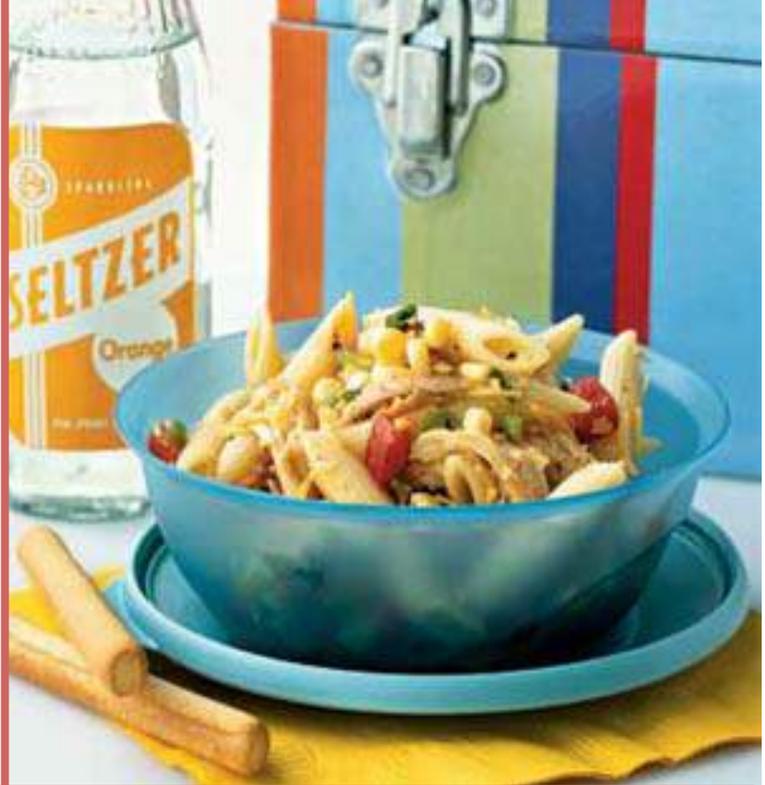
- 1) Preheat oven to 350 degrees F. Lightly grease a 2-quart baking dish.
- 2) Cook pasta in a large pot of boiling salted water until al dente. Gently combine ground round, onion, breadcrumbs, garlic, egg, 1-teaspoon salt, and 1/2-teaspoon pepper in a bowl; shape into 16 meatballs.
- 3) Heat oil in a large skillet over medium heat. Add meatballs and cook, turning occasionally, until brown on all sides, 6 to 8 minutes. Stir in wine, gently scraping up brown bits from the bottom of the skillet. Stir in marinara, spinach, parsley, and basil; bring to a simmer. Remove from heat and fold in pasta.
- 4) Transfer mixture to prepared pan; top with cheese. Bake until cheese is melted and edges are bubbly, 25 to 30 minutes.
- 5) Let stand 10 minutes before serving. Garnish with parsley and basil.



Southwestern Chicken Pasta Salad

Ingredients

- 1/2 pound uncooked penne rigate
- 2 cups shredded skinless, boneless Grilled Lemon-Herb Chicken (about 8 ounces)
- 1 cup fresh corn kernels
- 3/4 cup (3 ounces) shredded sharp cheddar cheese
- 1/2 cup sliced green onions
- 1/2 cup diced red bell pepper
- 1/2 cup chopped plum tomato (about 2 tomatoes)
- 1/4 cup fresh orange juice
- 2 tablespoons fresh lime juice
- 1 tablespoon extravirgin olive oil
- 1 tablespoon chopped canned chipotle chiles in adobo sauce
- 1/2 teaspoon salt



Directions

1. Cook pasta according to package directions, omitting salt and fat. Drain and place in a large bowl.
2. Add Grilled Lemon-Herb Chicken and next 5 ingredients (through tomato); toss well to combine.
3. Combine orange juice and remaining ingredients, stirring with a whisk. Drizzle over pasta mixture; toss gently to coat. Cover and chill.



Pizzadillas & Carrot Crunch

Ingredients

- 1 tablespoon canola oil
- 4 (8-inch) fat-free flour tortillas
- 1 1/2 cups (6 ounces) shredded part-skim mozzarella cheese
- 1 ounce turkey pepperoni
- 1 cup marinara sauce (such as McCutcheon's)



Directions

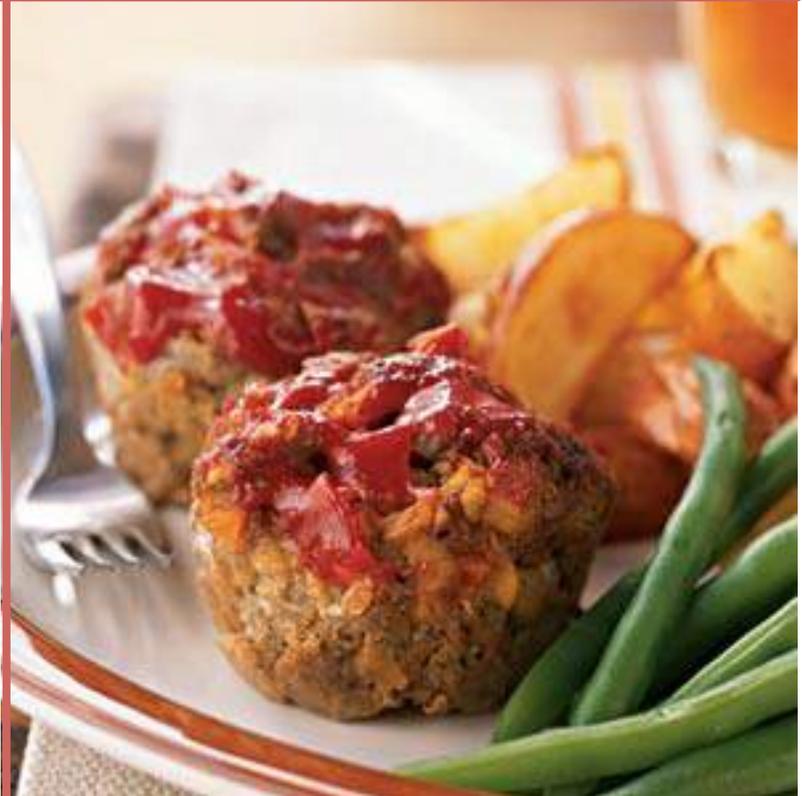
1. Preheat oven to 400°.
2. Brush canola oil over a jelly-roll pan, and top with tortillas.
3. Sprinkle 3 tablespoons cheese over each tortilla, and divide the pepperoni among tortillas.
4. Top each with 3 tablespoons cheese.
5. Bake at 400° for 5 minutes.
6. Remove from oven, and carefully fold each tortilla in half.
7. Bake an additional 10 minutes or until browned and crisp, turning after 5 minutes. Serve with marinara.



Mini Meatloaf Muffins

Ingredients

- 1 teaspoon olive oil
- 1 cup finely chopped onion
- 1/2 cup finely chopped carrot
- 1 teaspoon dried oregano
- 2 garlic cloves, minced
- 1 cup ketchup, divided
- 1 1/2 pounds ground beef, extra lean (raw)
- 1 cup finely crushed fat-free saltine crackers (about 20)
- 2 tablespoons prepared mustard
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon freshly ground black pepper
- 2 large eggs
- Cooking spray



Directions

1. Preheat oven to 350°.
2. Heat the olive oil in a large nonstick skillet over medium-high heat.
3. Add chopped onion, chopped carrot, dried oregano, and minced garlic; sauté 2 minutes. Cool.
4. Combine onion mixture, 1/2 cup ketchup, and the remaining ingredients except cooking spray in a large bowl.
5. Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with 2 teaspoons ketchup.
6. Bake at 350° for 25 minutes or until a thermometer registers 160°.
7. Let stand for 5 minutes.



Peanut Butter- Banana Spirals

Ingredients

- 1/2 cup reduced-fat peanut butter
- 1/3 cup vanilla low-fat yogurt
- 1 tablespoon orange juice
- 2 ripe bananas, sliced
- 4 (8-inch) fat-free flour tortillas
- 2 tablespoons honey-crunch wheat germ
- 1/4 teaspoon ground cinnamon



Directions

1. Combine peanut butter and yogurt, stirring until smooth. Drizzle juice over bananas; toss gently to coat.
2. Spread about 3 tablespoons peanut butter mixture over each tortilla, leaving a 1/2-inch border. Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture. Combine wheat germ and cinnamon; sprinkle evenly over banana slices. Roll up. Slice each roll into 6 pieces.





Dinner



1. **Grilled steak, corn, and asparagus:** Just grill it all together, season, and serve!

2. **Roasted chicken with baby potatoes and carrots:** This is the ultimate comfort food. Season your chicken well and place on a roasting pan. Then, arrange potatoes, halved, and carrots cut into sticks around the bird. Drizzle the veggies with a little olive oil, season, and roast all together, tossing the veggies once or twice in between, and you've got a full-on three-ingredient family feast!

3. **Pasta with sausage sauce:** This dish works best with pasta shaped liked spirals or medium-to-large shells. To make this simple sauce, cut open four to six medium links of sweet or hot Italian sausage, depending on your family's preferences. Crumble the raw sausage meat into a hot pan, and cook through until no longer pink, about five to seven minutes. Add a can of tomatoes, mix well, and simmer about 15 minutes. Toss with hot pasta, and serve right away. You can garnish with grated cheese if you wish.

Healthy Mac & Cheese

Serves: 2

Prep time: 5 minutes

Cook time: 20 minutes

Ingredients

- 2 cups macaroni (1/2 pound)
- 2 cups frozen butternut squash
- 6 slices bacon
- 1/2 onion, chopped
- 2 tablespoons flour
- 2 cups milk
- 6 ounces cheddar cheese, shredded (1 1/2 cups)



Directions

1. Cook macaroni according to package directions, drain and set aside
2. Cook squash according to package directions, mash with a fork and set aside
3. In a large pot, cook the bacon over medium heat until crisp, about 5 minutes. Remove bacon from pot and set aside
4. Sauté the onion in the bacon fat until lightly browned, about 5 minutes
5. Add flour and stir to combine
6. Add milk and stir while bringing to a boil. Continuing to stir, boil for two minutes until thickened
7. Turn off heat, add macaroni, squash and cheese. Stir to combine.
8. Crumble reserved bacon on top and serve
9. Season with salt and pepper to taste



Sausage Ragù over Creamy Polenta

Turkey sausage and bottled marinara combine for a healthy, quick, and affordable twist on this Italian classic. Serve with a romaine salad tossed with red wine vinegar and olive oil.

Yield: Serves 4
(serving size: 3/4 cup polenta, 1/2 cup sausage mixture, and 1 tablespoon parsley)



Photo: Johnny Autry; Styling: Leigh Ann Ross

Total time: 50 Minutes

Recipe Time

Hands-on: 40 Minutes

Total: 50 Minutes

Nutritional Information

Calories 357
Fat 14 g
Safat 4.8 g
Monofat 5.2 g
Polyfat 2.3 g
Protein 17.2 g
Carbohydrate 50.8 g
Fiber 3.7 g
Cholesterol 65 mg
Iron 1.1 mg
Sodium 712 mg
Calcium 137 mg

Ingredients

- 3 (4-ounce) links sweet turkey Italian sausage casings removed
- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 4 garlic cloves, minced
- 1 1/2 cups lower-sodium marinara sauce (such as McCutcheon's)
- 2 1/3 cups water, divided
- 1 cup whole milk
- 3/4 cup instant polenta
- 1 ounce fresh pecorino Romano cheese, grated
- 1/8 teaspoon freshly ground black pepper
- 1/4 cup coarsely chopped fresh flat-leaf parsley

Preparation

1. Heat a large skillet over medium-high heat. Add sausage; sauté for 6 minutes, stirring to crumble. Remove sausage from pan; drain. Wipe pan clean; return to medium-high heat. Add oil to pan; swirl. Add onion, and sauté 4 minutes. Add garlic; sauté 1 minute. Stir in sausage, marinara, and 1/3 cup water; bring to a boil. Reduce heat; simmer 20 minutes.

2. Bring remaining 2 cups water and milk to a boil in a medium saucepan over medium heat; reduce heat to low. Gradually add polenta, and cook for 3 minutes or until thick, stirring constantly. Remove from heat; stir in cheese and pepper. Serve with sausage mixture; top with parsley.

Shrimp Fra Diavolo

Shrimp Fra Diavolo recipes are can often be very hot but you can add or take away the spice by adding more or less red pepper depending on your personal preference. Be sure to use inexpensive medium-size shrimp in this garlicky, spicy classic.

Yield: 4 servings (serving size: 1 cup pasta and about 1 1/4 cups sauce)

Nutritional Information

Calories 477	Fat 10.7 g
Satfat 1.4 g	Monofat 5.3 g
Polyfat 1.7 g	Protein 33 g
Calcium 121 mg	Carbohydrate 59.4 g
Fiber 5.4 g	Cholesterol 172 mg
Iron 5.4 mg	Sodium 552 mg



Ingredients

- 8 ounces uncooked linguine
- 2 tablespoons extra-virgin olive oil, divided
- 1 1/2 tablespoons minced garlic, divided
- 1 pound medium shrimp, peeled and deveined
- 3/4 cup diced onion
- 1 teaspoon crushed red pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 2 tablespoons tomato paste
- 1 tablespoon fresh lemon juice
- 1 3/4 cups canned crushed tomatoes
- 1/4 teaspoon salt
- 1 (14.5-ounce) can diced tomatoes, drained



Preparation

- 1) Cook pasta according to package directions, omitting salt and fat. Drain; keep warm.
- 2) While pasta cooks, heat 1-tablespoon oil in a large nonstick skillet over medium-high heat. Add 1 1/2 teaspoons garlic and shrimp; sauté or 3 minutes or until shrimp are done. Remove from pan; keep warm.
- 3) Add remaining 1 tablespoon oil and onion to pan; sauté 5 minutes or until softened. Stir in remaining 1-tablespoon garlic, pepper, basil, and oregano; cook 1 minute, stirring constantly. Stir in tomato paste and lemon juice; cook 1 minute or until slightly darkened. Stir in crushed tomatoes, salt, and diced tomatoes; cook 5 minutes or until thickened. Return shrimp to pan; cook for 2 minutes or until thoroughly heated. Serve over pasta.



Roast Chicken with Potatoes and Butternut Squash

Yield: 4 servings (serving size: about 3 ounces chicken and about 3/4 cup vegetables)



Ingredients

- 2 tablespoons minced garlic, divided
- 1 teaspoon salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon dried rubbed sage
- 1 (3 1/2-pound) roasting chicken
- Cooking spray
- 12 ounces red potatoes, cut into wedges
- 1 1/2 cups cubed peeled butternut squash (about 8 ounces)
- 2 tablespoons butter, melted

Nutritional Information

Calories 399	Fat 12.1 g
Satfat 5 g	Monofat 3.2 g
Polyfat 1.7	Protein 43.8 g
Calcium 77 mg	Carbohydrate 25.9 g
Fiber 3.4 g	Cholesterol 147 mg
Iron 3.5 mg	Sodium 791 mg

Preparation

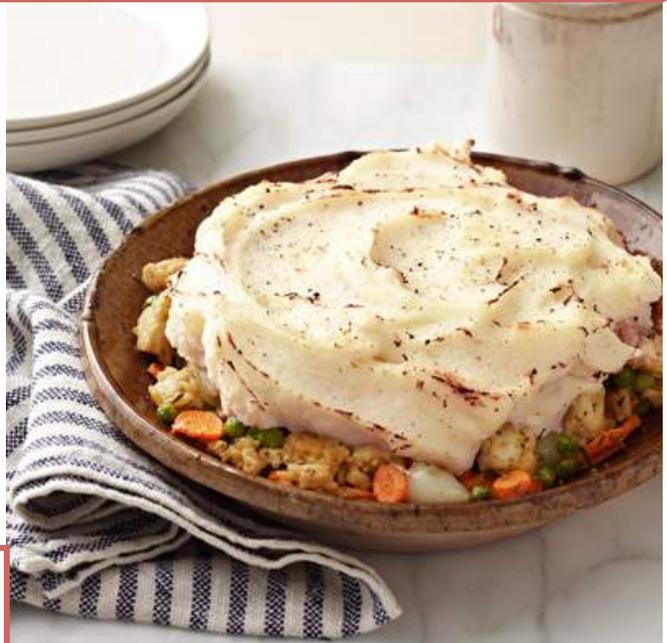
- 1) Preheat oven to 400°.
- 2) Combine 1 1/2 tablespoons garlic, 1/2 teaspoon salt, 1/2 teaspoon pepper, and sage in a small bowl. Remove and discard giblets and neck from chicken. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under chicken. Rub garlic mixture under loosened skin. Place chicken, breast side up, on rack of a broiler pan coated with cooking spray. Place rack in broiler pan.
- 3) Combine potatoes, squash, butter, 1 1/2 teaspoons garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange vegetable mixture around chicken. Bake at 400° for 1 hour or until a thermometer inserted into meaty part of thigh registers 165°. Let stand 10 minutes. Discard skin.

Shepherd's Pie

A great way to use up leftovers, Shepherd's Pie is the quintessential comfort food: mashed potatoes, veggies, and ground turkey all combined into layers of goodness.

TOTAL TIME: 0:50 **PREP:** 0:25

YIELD: 8 servings



Directions

1. Preheat oven to 400 degrees F.
2. In a large pan, heat olive oil over medium heat.
3. Add carrots and onions and cook until soft, about 5 minutes.
4. Add turkey and cook, breaking up meat with a wooden spoon, until browned, about 6 minutes.
5. Stir in flour and cook 3 more minutes.
6. Stir in peas and rosemary.
7. Season with salt and pepper. Pour in chicken broth and stir.
8. Bring to a simmer and cook until slightly thickened, about 5 minutes.
9. Season with more salt and pepper.
10. Transfer to a 9- to 10-inch deep-dish pie pan.
11. Spread mashed potatoes atop turkey mixture. Bake until golden on top and heated through, about 25 minutes.

Ingredients

- 2 tbsp. extra-virgin olive oil
- 3 small carrots
- 1 c. frozen pearl onions
- 1 lb. lean ground turkey
- 1 tbsp. all-purpose flour
- 1 c. frozen peas
- 2½ tsp. chopped fresh rosemary
- Salt
- Freshly ground pepper
- ¾ c. low-sodium chicken broth
- 3 c. leftover mashed potatoes



Recommendations for a Healthy Diet



Why is a healthy diet so important?

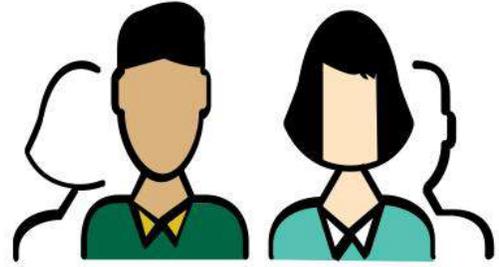
Eating a healthy, well balanced diet will help keep you and your family healthy. A healthy diet can help you and your family to avoid the onset of many chronic diseases. The following pages include information on diet and nutrition as well as helpful tips to achieving a healthy diet!

Chronic Health Issues in America

37% of Americans have cardiovascular disease



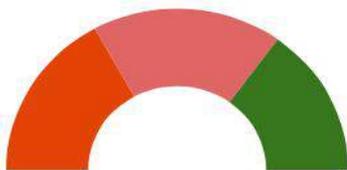
■ No Cardiovascular Disease (63%)
■ Cardiovascular Disease (37%)



almost 1 in 2 men and women will be diagnosed with cancer in their lifetime.

Dietary factors are associated with risk of some types of cancer, including breast (post-menopausal), endometrial, colon, kidney, mouth, pharynx, larynx, and esophagus

34% of Americans Have Hypertension

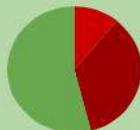


■ Have hypertension (34%)
■ Have prehypertension (36%)
■ Don't have hypertension.. (30%)

Hypertension is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease

To lower your chance of hypertension, you can decrease sodium intake, increase potassium intake, add exercise to your daily routine and avoid excess alcohol consumption

Almost half of all Americans are effected by either pre-diabetes, or type 1 or type 2 diabetes

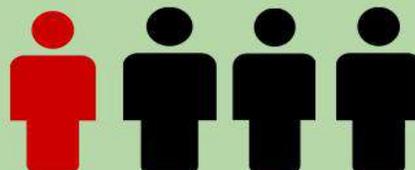


■ Diabetes (11%) ■ Prediabetes (35%) ■ None (54%)

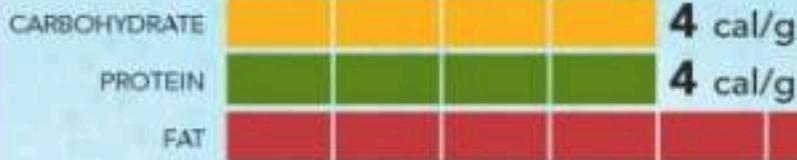
Osteoporosis



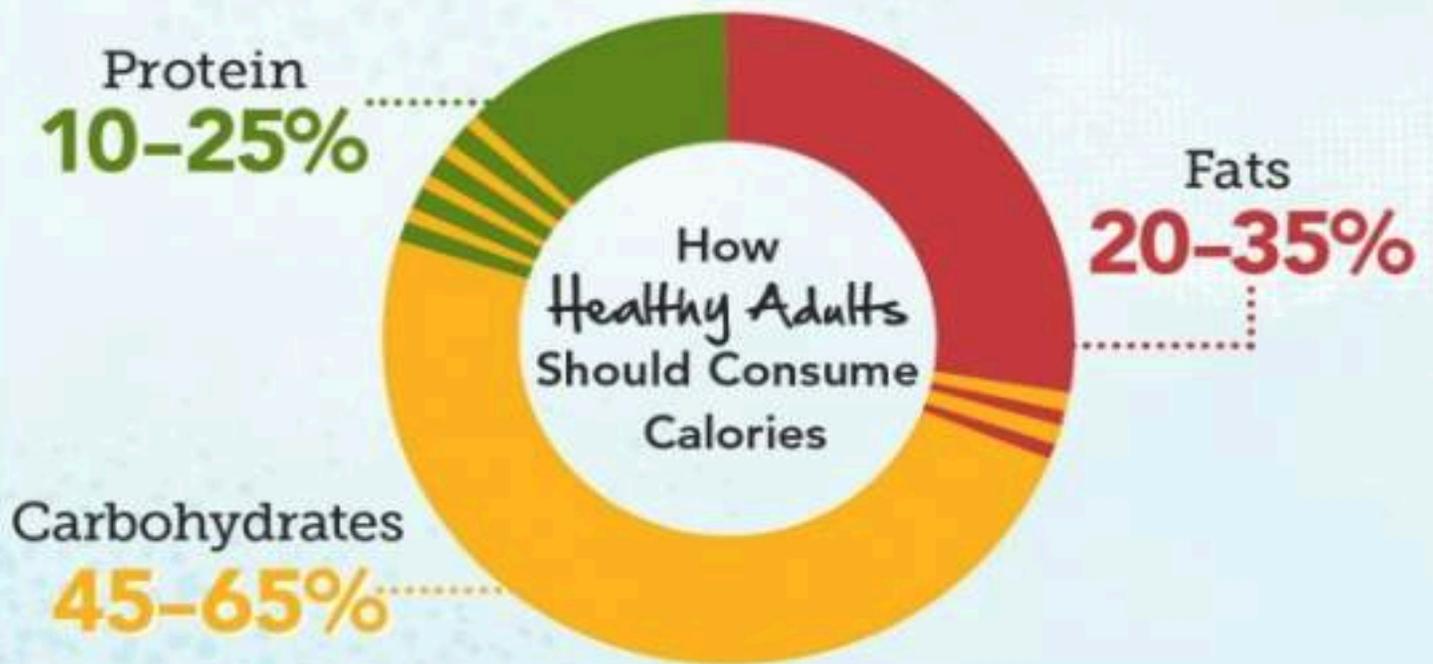
1 out of every 2 women and 1 in 4 men ages 50 years and older will have an osteoporosis-related fracture in their lifetime



THIS IS HOW MANY CALORIES ARE IN 1 gram OF EACH MACRONUTRIENT:



* Alcohol provides 7 calories per gram, but is not considered a macronutrient because we don't need it for survival.



CARBS

WHY WE NEED THEM

Carbs are the body's main source of fuel and are easily used by the body for energy.

HOW THEY'RE USED

Carbs break down into glucose, which is used for energy. They're also stored in muscles and liver for later use and are important for the central nervous system, kidneys, brain, muscles, and intestinal health.

WHERE TO FIND THEM

Grains, fruits, milk and yogurt.



PROTEIN

Protein is essential for growth, tissue repair, immune function, preserving lean muscle, and producing essential hormones and enzymes.

The body uses protein for energy when carbs aren't available.

Meat, poultry, fish, cheese, milk, nuts, and legumes.



FATS

Fats are essential in cell, nerve tissue, and hormone production. Fats are also essential for absorbing fat-soluble vitamins like vitamins A, D, E, K, and carotenoids.

Fats are the most concentrated source of energy. If fats consumed aren't burned as energy or used to build body tissues, they're stored in the body's fat cells for later use.

Unsaturated fats such as olive oil, avocado, nuts, fatty fish (like salmon) and canola oil.

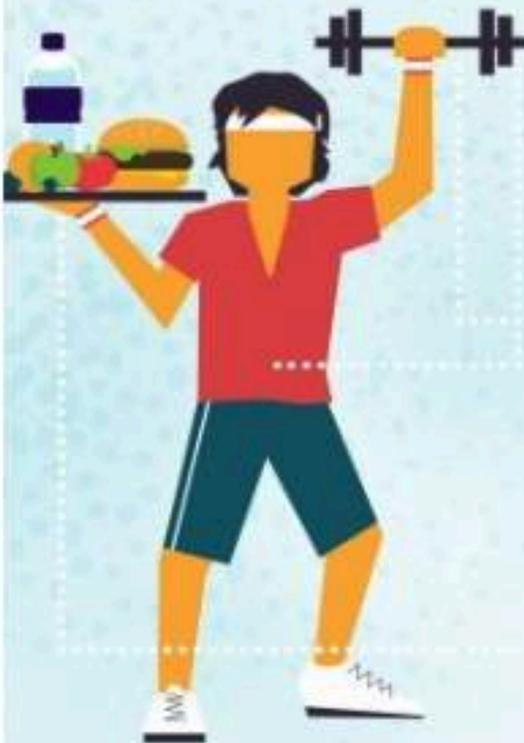


Not All Calories *are* CREATED EQUAL

In terms of the energy they deliver, all calories are equal. However, the body uses each macronutrient differently. The right amount of calories from each source is very important to ensure the body can function properly.

Every person requires a different amount of calories per day.

How To Determine Your Daily Calorie Intake



STEP 1

Find Your Basic Metabolic Rate

Women: $655 + (4.35 \times \text{weight (lbs.)}) + (4.7 \times \text{height (in.)}) - (4.7 \times \text{age (yrs.)})$

Men: $66 + (6.23 \times \text{weight (lbs.)}) + (12.7 \times \text{height (in.)}) - (6.8 \times \text{age (yrs.)})$



STEP 2

Determine Your Activity Level

Sedentary (Little to no exercise): 1.2

Lightly Active (Light Exercise (1-3 days/week)): 1.375

Moderately Active (Moderate Exercise (3-5 days/week)): 1.55

Very Active (Hard Exercise (6-7 days/week)): 1.725

Extra Active (Very Hard Exercise and Physical Job 7 days/week): 1.9



STEP 3

BMR x Activity Level = Calorie Intake

Number of calories one should consume daily to maintain current weight

What about *losing* or ***gaining*** weight?



When choosing what to eat and drink, it's important to get the right mix — enough nutrients, but not too many calories.



To maintain weight, calories in (what you consume) must equal calories out (what you burn on a daily basis through normal body functions and daily activity/exercise).



When you burn more calories than you consume, you lose weight. When you consume more calories than you burn, you gain weight. The general rule is consuming +/- 3,500 calories per week is equal to 1 lb. of body fat gained or lost.

Food Groups & Subgroups



Vegetables

Dark-green vegetables: All fresh, frozen, and canned dark-green leafy vegetables and broccoli, cooked or raw; for example, broccoli, spinach, romaine, collard, turnip, and mustard greens.

Red and Orange Vegetables: All fresh, frozen, and canned red and orange vegetables, cooked or raw: for example, tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

Beans and peas: All cooked and canned beans and peas: for example, kidney beans, lentils, chickpeas, and pinto beans. (Does not include green beans or green peas)

Starchy vegetables: All fresh, frozen and canned other vegetables: For example, white potatoes, corn, and green peas.

Other Vegetables: All fresh, frozen, and canned other vegetables, cooked or raw: For example, iceberg lettuce, green beans, and onions.

Fruits

All fresh, frozen, canned, and dried fruits and fruit juices: for example, oranges and orange juice, apples and apple juice, bananas, grapes, melons, berries, and raisins.

Grains

Whole grains: All whole-grain products and whole grains used as ingredients: for example, whole-wheat bread, whole-grain cereals and crackers, oatmeal, and brown rice.

Enriched Grains: All enriched refined-grain products and enriched refined grains used as ingredients: for example, white breads, enriched grain cereals and crackers, enriched pasta, and white rice.

Dairy Products

All milks, including lactose-free and lactose-reduced products and fortified soy beverages; yogurts; frozen yogurts; dairy desserts; and cheeses. Most choices should be fat-free or low fat. Cream, sour cream, and cream cheese are not included due to their low calcium content.

Protein foods

All meat, poultry, seafood, eggs, nuts, seeds, and processed soy products. Meat and poultry should be lean or low fat. Beans and peas are considered part of this group, as well as the vegetable group, but should be counted in one group only.

Recommendations to make your diet healthier

- Increase vegetable and fruit intake
- Eat a variety of vegetables, especially dark-green and red and orange vegetables and beans and peas
- Consume at least half of all grains as whole grains, increasing whole-grain intake by replacing refined grains with whole grains
- Increase intake of fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- Choose a variety of protein foods, including sea-food, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Increase amounts of sea-food replacing meat and poultry
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats and calories and/or are sources of oils
- Use oils to replace solid fats where possible
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D. This means increasing intake of vegetables, fruits, whole grains, milk and milk products.

Recommendations for women capable of becoming pregnant

- Choose foods that supply heme iron, eating additional iron sources, and enhancers of iron absorption such as vitamin C rich foods.
- Consume 400 micrograms (mcg) per day of synthetic folic acid (from fortified foods and/or supplements) in addition to food forms of folate from a varied diet.

Recommendations for woman who are pregnant or breastfeeding

- Consume 8 to 12 ounces of sea-food per week from a variety of sea-food types
- Limit white (albacore) tuna to 6 ounces per week and do not eat the following four types of fish: tilefish, shark, swordfish and king mackerel
- If pregnant, take an iron supplement as recommended by an obstetrician or other health care provider

Recommendations for individual's ages 50 and older

- Consume foods fortified with vitamin B12 such as fortified cereals, or dietary supplements



VEGETABLES

Vary your veggies.

Make half your plate fruits and veggies.

Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.



FRUITS

Focus on fruits.

Make half your plate fruits and veggies.

Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.



GRAINS

Make at least half your grains whole.

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."



PROTEIN

Go lean with protein.

Eat lean meat, chicken, and turkey. Ask for it baked, broiled, or grilled — not fried. Mix it up! Beans, peas, nuts, seeds, fish, and eggs are all great sources of protein, too.



DAIRY

Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).

Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.

Nutrients: Why are they important and where do they come from?

Vitamin A

Important for healthy eye sight and required for normal immune function.

Sources: Dairy products and fish (preformed vitamin A), yellow-orange and red colored fruits and vegetables and leafy greens (pro-vitamin A carotenoids).

Vitamin D

Helps to maintain levels of calcium and phosphorus in the blood.

Sources: Fatty fish, fortified milk and cereals, and eggs from hens that have been fed vitamin D is also made by exposing skin to sunlight.

Vitamin E

Vitamin E is found in cell membranes where it acts as an antioxidant to prevent the formation of free radicals that cause cell damage.

Sources: Plant foods including vegetable oils, nuts, seeds, whole grains, and leafy green vegetables.

Vitamin K

Vitamin K is a coenzyme needed for the production of proteins involved in blood clotting.

Sources: Leafy green vegetables, such as collards, spinach, turnip greens and broccoli, as well as in legumes, and certain vegetable oils.

Thiamin: B1

Is important for nerve function because of its role in glucose metabolism and the production of the neurotransmitter acetylcholine.

Sources: whole and enriched grain products, pork, nuts, seeds and legumes.

Riboflavin: B2

Helps to convert other vitamins to their active forms.

Sources: milk, whole and enriched grains, leafy green vegetables, and meats.



Niacin

Important for energy production

Sources: meat, fish, poultry, and enriched grains, breads, and breakfast cereals.

Biotin

Required for energy production and the metabolism of fatty acids and amino acids.

Sources: liver, egg yolks, yogurt, and nuts.



Pantothenic acid

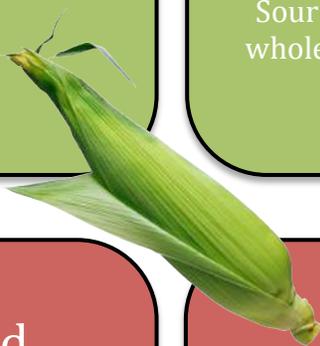
Involved in the production of energy.

Sources: chicken, beef, and other meats, legumes, eggs, and whole grains.

Vitamin B6

Helps with healthy immune function, and a deficiency in B6 could lead to symptoms of depression.

Sources: meat, fish, poultry, legumes, whole grains, nuts, seeds, and fortified breakfast cereals.



Folate: Folic acid

Needed for the production of DNA, and cell division. Women capable of becoming pregnant should have an intake of 400 micrograms daily.

Sources: leafy green vegetables such as spinach and kale, legumes, and oranges.

Vitamin B12

Helps with healthy nerve functions

Sources: meats, fish, poultry, and dairy products. Individuals who do not eat animal products should take a B12 supplement.



Vitamin C

Helps to make protein collagen, and helps to keep your teeth, tendons, and blood vessel walls healthy. Individuals who smoke or live with smokers should increase intake of Vitamin C, which can neutralize the compounds in cigarette smoke.

Sources: citrus fruits, strawberries, red and green peppers, Brussels sprouts, cauliflower, broccoli, cabbage, green leafy vegetables, tomatoes, and potatoes.

Sodium

Important for nerve transmission, muscle contraction, and for regulating the distribution of body fluids

Sources: table salt, processed foods, such as canned soups, lunchmeats, and cheese.



Potassium

Important for nerve transmission, muscle contraction, and maintenance of fluid balance.

Sources: fresh fruits and vegetables, legumes, nuts, whole grains, milk, and meats.

Calcium

Important for bone and tooth health, assists with muscle contractions, nerve function, blood clotting, and blood pressure regulation.

Sources: milk, cheese, yogurt, corn tortillas, calcium-set tofu, legumes, Chinese cabbage, kale, and broccoli.



Phosphorus

Helps with bone and tooth health.

Sources: milk, yogurt, cheese, meats, cereals, grains, eggs, nuts and fish.

Magnesium

Important for bone structure, nerve and muscle function.

Sources: green leafy vegetables, whole, unprocessed grains, nuts, seeds, legumes, and milk.





Iron

Transports oxygen in the blood, aids in energy production and healthy immune function.

Sources: Animal foods, such as meat, fish and poultry.

Zinc

Important growth and development, immune function, and wound healing.

Sources: Red meats, seafood, eggs, dairy products, and whole grains.

Copper

Important for healthy immune and nerve functions and antioxidant protection.

Sources: organ meats, seafood, nuts, seeds, wheat bran, whole grains, and chocolate.

For more detailed information on human nutrition, please check out our resource *Human Nutrition: A Closer Look*.

Iodine

Helps to create proteins, regulate metabolic rate, and affect growth and development.

Sources: Seafood, salt fortified with iodine.

Fluoride

Helps prevent tooth decay.

Sources: fluoridated water, tea, marine fish, and fluoridated dental products such as toothpaste.





In a food emergency?

Please call The United Way of Southwest PA

Dial 2-1-1 or (412) 261-6010

Or visit [Pittsburgh Food Bank](#)

The Greater Pittsburgh Community Food bank directory

Here are some local food pantries and information- if one is not listed in your area visit the link about to find a food pantry near you!

Squirrel Hill Community Food Pantry

Hazelwood Ave

(412) 421-2708

Food Pantry Hours:

Monday 9:00 AM - 12:30 PM and 5:00 - 7:00 PM by appointment only

Tuesday 9:00 AM - 12:30 PM and 1:30 - 3:00 PM

Wednesday 9:00 AM - 12:30 PM

Thursday 9:00 AM - 12:30 PM and 1:30 - 3:00 PM

Friday 9:00 AM - 12:30 PM

One Sunday/month by appointment only

Please note:

- You need to live within the 15217 zip code area (or outside of 15217 but require kosher food).
- Monday evening and Sunday appointments are only available to current clients. First-time and emergency clients must come in during normal business hours.
- ALL clients seeking assistance from the Pantry are required to come in fifteen minutes prior to closing time.

East End Cooperative Ministry

Station St

(412) 361-5549

- The Food Pantry is located at Community House and clients can enter through the single-door marked Food Pantry, Entrance C on Harvard Street. It is open from 10:00 to 11:15 am and 1:00 to 3:00 pm, Monday through Friday. The Pantry serves residents in zip codes 15201, 15206, 15217, 15224 and 15232.
- The COMMUNITY KITCHEN serves hot lunches every Monday through Friday, from 12:15 pm to 1:00 pm. This community meal is provided free of charge to all who are in need, although donations are welcomed. The Community Kitchen is located at Community House and diners can enter through the double-doors marked Community Connections, Entrance G next to the parking lot.

St Mary's Russian Orthodox Church

105 S 19th St, Pittsburgh, PA 15203

(412) 431-6428

St. Cyril of White Lake Food Pantry is open in our Church Hall on Thursdays from 5:45pm to 6:45pm, and as needed by appointment to meet the needs of the poor and homeless of the City of Pittsburgh. This ministry is a cooperative ministry of the local Orthodox Churches dedicated to meeting the emergency needs of the poor of our community.



Wilkinsburg Community Ministry

704 Wood Street Wilkinsburg, PA 15221

412-241-8072 (need to call for more information)

Crossroads Presbyterian Church

2310 Haymaker Road, Monroeville, PA 15146

(412) 372-2311: Contact: Peg Sinback

Serves: Monroeville

Operating Hours: Fridays, 9:15 a.m. - 12:00 p.m.

- The Cross Roads Food Pantry houses a community outreach program uniting people of all faiths to serve Monroeville residents who are in need of food and other necessities. As concerned and caring individuals, our mission is to provide nutritional food, personal care items, and social services to those who need them in order to sustain, strengthen and to educate.

Garden City UMC

500 Laurel Drive

Monroeville, PA 15146

(412) 373-0391

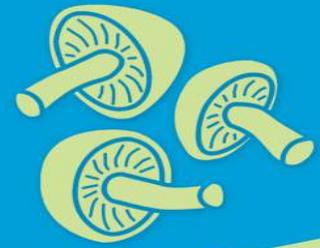
Food Pantry Distribution

Thu 9:00am - 10:30am

Thu 6:00pm - 7:30pm

Monthly on the second Thursday

Produce to People



17 Distributions Each Month at 17 Different Sites

- Sheraden: Pittsburgh Langley K-8 Cafeteria, [2940 Sheraden Blvd.](#) Pittsburgh, PA 15204
- Braddock: Volunteer Firefighter Bingo Hall, [845 Talbot Ave.](#) Braddock, PA
- Homewood: Homewood-Brushton YMCA, [7140 Bennett Street](#), Pittsburgh, PA 15208 (parking off of Kelly St)
- North Side: Martin Luther King Jr. Elementary School, [50 Montgomery Place](#), Pittsburgh, PA 15212
- McKeesport: Founders' Hall Middle School, [3600 Oneil Blvd](#), McKeesport, PA 15132
- Duquesne: Greater Pittsburgh Community Food Bank, [1 North Linden Street](#), Duquesne, PA
- Allegheny Valley: SUMMER: Our Lady of the Most Blessed Sacrament, [1526 Union Ave.](#) Natrona Heights, PA WINTER: Valley News Dispatch Building, [210 E. 4th Ave](#), Tarentum, PA
- South Side: SUMMER: Physicians Parking Lot, UPMC South Side Hospital, [2000 Mary Street](#), Southside Flats, Pittsburgh, PA, United States WINTER: South Side Market House, [1 Bedford Square](#) (12th and Bingham), South Side Flats, Pittsburgh PA
- Waynesburg: Greene County Fairgrounds, [107 Fairgrounds Rd.](#), Waynesburg, PA 15370

- West Greene: Harvey’s Grange, [104 Grange Rd.](#), Graysville, PA
- Butler: Butler County Farmers’ Market; [39 Race Street](#) Butler, PA
- Beaver Falls: Beaver Falls Middle School, [1601 8th Ave.](#) Beaver Falls, PA 15010
- Aliquippa: [788 Griffith St.](#), Aliquippa, PA 15001
- Johnstown: Greater Johnstown Career & Technology Center, [445 Schoolhouse Rd.](#), Johnstown, PA 15904
- Dunbar: Fayette County Fairgrounds, [132 Pechin Rd.](#), Dunbar PA
- New Castle: St. Vitus School, [915 South Jefferson St.](#), New Castle, PA
- Washington: Washington County Fairgrounds, [2151 N Main St.](#), Washington, PA

For information on produce distributions in Somerset County, check out the [Somerset County Mobile Food Bank](#).

How To Qualify (meet at least one of the following)

- 1) Meet household income [guidelines](#).
- 2) Receive any government assistance, including:
 - Unemployment Compensation
 - Disability Compensation
 - Cash Assistance
 - Medical Assistance (e.g. Medicare, Medicaid)
 - SNAP (formerly Food Stamps)
 - Social Security
 - any other federal or state assistance program.

3) Experience a food emergency, meaning:

Your household is experiencing a temporary food emergency or crisis situation; for example, a fire, a loss of electricity, a temporary living situation, or any other dire situation.

All items distributed by Produce to People are on a “per household” basis.

How To Register

You may register at any distribution you choose. Upon arrival, you will:

1) Answer and sign a questionnaire form, which tells us that you understand the criteria for qualification (see above), that your circumstances allow you to qualify for Produce to People, and that you agree that items received during this distribution will not be sold or used to barter or exchange for goods or services.

2) Receive a ticket, which you will exchange for food.

You do not need to bring additional paperwork – the questionnaire is a legal document. Signing it certifies that you qualify for the food.

The Food

On average, nearly 3 out of 4 food items are fresh produce. For example, a distribution may include potatoes, carrots, onions, cabbage, sweet potatoes, and apples, though no one item is guaranteed.

Helpful Tip: You can also speed up your visit by making sure to bring bags, boxes, or a rolling cart, to help you through the distribution. For those clients with mobility issues, volunteers will be onsite to assist you.

To view the calendar please visit:

[Produce to People Calendar](#)



Exercise Activities to do with Your family!



Children should be active for 60 minutes a day;
Adults should be active for 30 minutes a day.

Go for pre- or post-dinner walks

Make a game out of the walk for younger children and play a game of eye-spy during the walk. Make a list of things you could see in your neighborhood. For example: a garbage can, a cat, a dog, a garden hose, and a blue car.



Turn TV commercials into fitness breaks

During commercials take turns being the “coach” and encourage each other to do push-ups, sit ups, squats or jumping jacks.

Sock Fight!

Have everyone in your household gather balled up socks and use as ammo. The only rule is that you can't throw your sock from the same place twice! Apply safety rules for the environment.

Take a weekly trip to the park

Don't hesitate to bring a soccer ball, or Frisbee to play with your children! If your children are playing, stand or walk around the playground instead of sitting and watching.

Take a class together

Try signing up for a class like martial arts, dance, or yoga to do as a family. Look for classes offered at community centers or local churches, which offer cheaper rates.



Oral Health



Vocabulary you might hear at the dentists:

Bite: Relationship of the upper and lower teeth on closure (occlusion).

Abscess: An infection of a tooth, soft tissue or bone.

Calcium: Chemical element needed for healthy teeth, bones and nerves.

Cap: Common term for dental crown.

Caries: Tooth decay or "cavities."

Cleaning: Cleaning is a procedure that is routinely completed on a patient that is free of disease or has a healthy mouth. Most insurance companies cover cleanings two times per year.

Cross-bite: Reverse biting relationship of upper and lower teeth also known as under-bite

Crown: crowns are mostly cosmetic forms of treatment, covering unsightly teeth or replacing missing teeth for most.

Cuspid or Canine: The four "eye teeth."

Decay: Destruction of tooth structure caused by toxins produced by bacteria.

Deciduous Teeth: Commonly called "baby teeth," the first set of teeth.

Denture: Dentures are removable (partial or complete) set of artificial teeth.

Enamel: Hard tissue covering the portion of tooth above the gum line.

Extraction: Removal of a tooth.

Filling: Restoration of lost tooth structure with metal, porcelain or resin materials, also used to fill cavities.

Gingiva: Gum tissue.

Gingivitis: The inflammation of gum tissue.



Gum Recession: The exposure of dental roots due to shrinkage of the gums as a result of abrasion, periodontal disease or surgery.

Hygienist: A dental professional who specializes in education and prevention of oral disease. A hygienist partners with the dentist to assess the oral environment for signs and symptoms of periodontal disease, and is educated to provide therapeutic care in the treatment of bacterial infections within the oral environment.

Impression: A mold made of the teeth and soft tissues.

Local Anesthesia: Partial or complete elimination of pain sensation, in the immediate vicinity of its application or injection.

Mandible: The lower jaw.

Maxilla: The upper jaw.

Molars: The three back teeth in each dental quadrant used for grinding food

Nerve: The tissue that conveys sensation, temperature and position information to the brain.

Novocain: The older brand name for a local anesthetic, currently replaced by safer, more effective agents.

Oral Hygiene: The process of maintaining cleanliness of the teeth and related structures.

Overbite: A vertical overlap of the front teeth.

Plaque: A soft, sticky substance that accumulates on teeth and is composed of bacteria and food debris due to inadequate dental hygiene.

Pulp: The nerves, blood vessels and connective tissue inside a tooth.

Root: The tooth structure that connects the tooth to the jaw.

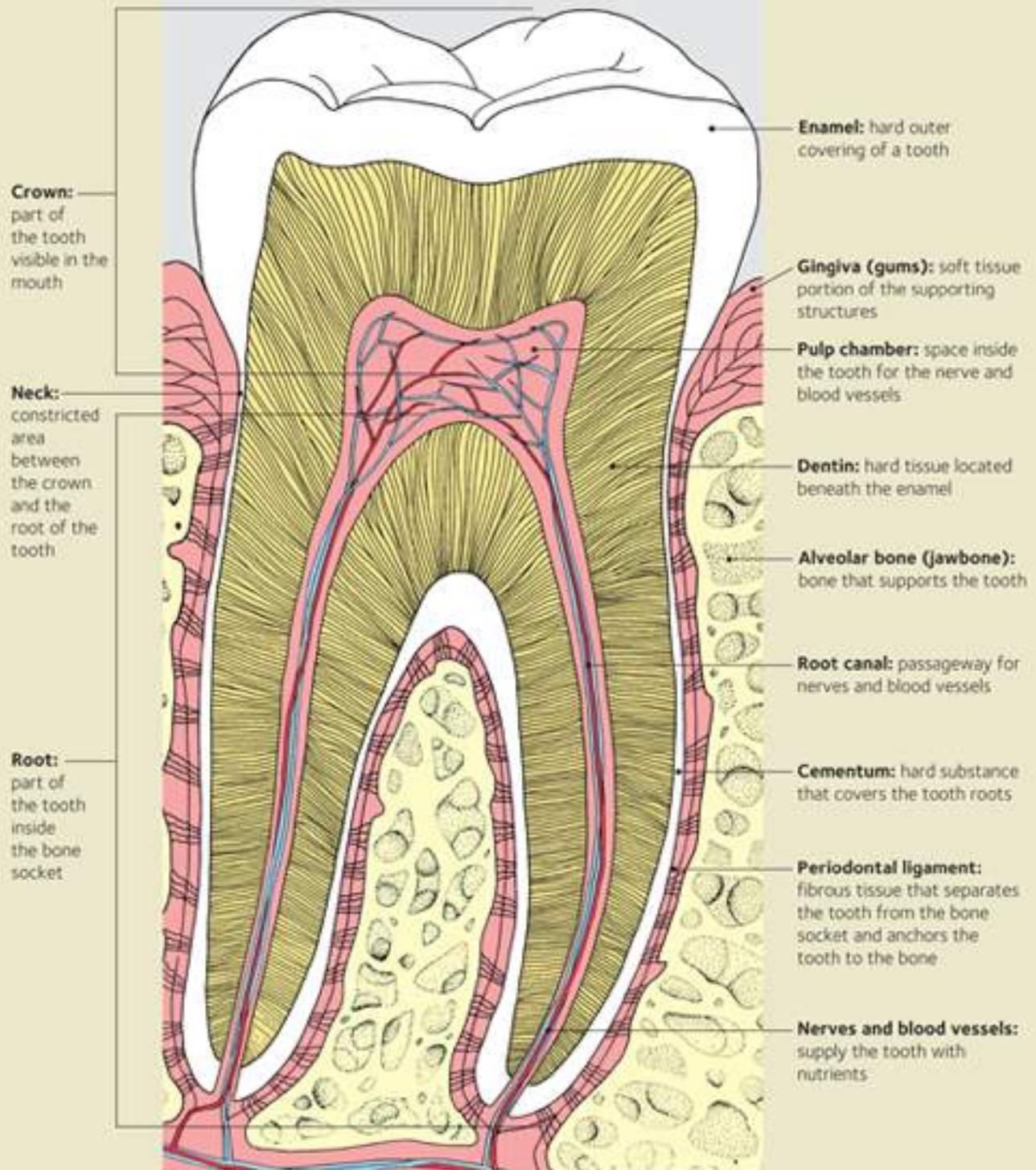
Root Canal: Unfortunately not all teeth are perfectly healthy. a root canal removes decay on the interior space of the root.

Tartar: A common term for dental calculus, a hard deposit that adheres to teeth and produces a rough surface that attracts plaque.

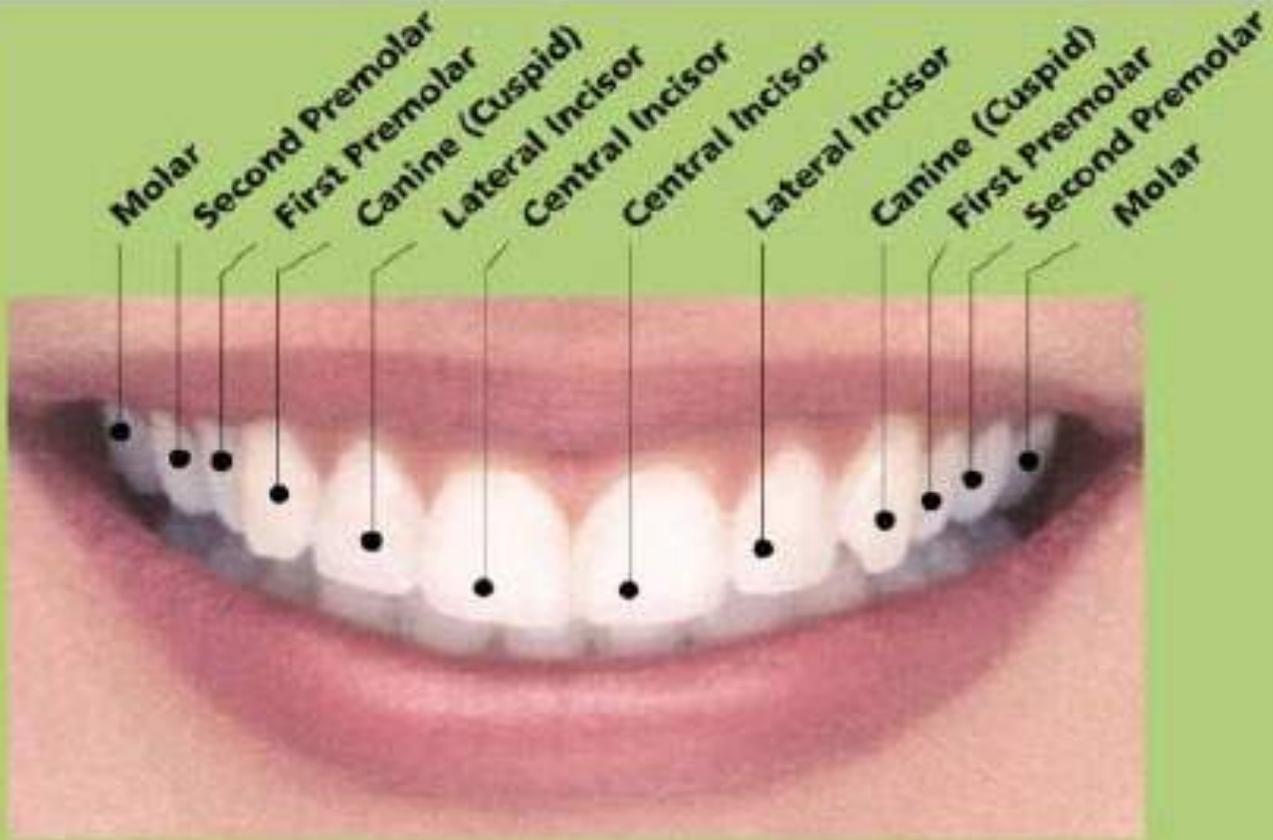
Veneer: A plastic or porcelain facing bonded directly to a tooth to improve its appearance.

Wisdom Teeth: The third (last) molars that usually erupt between the age of 18-25.

Basic Structure of a Tooth



Teeth names



5 steps for healthy teeth

- Brushing
- Flossing
- Rinsing
- Eating right
- Visiting the dentist

How to Brush Your Teeth

- Brush at least twice a day.
- Brushing removes plaque, a film of bacteria that clings to teeth. When bacteria in plaque come into contact with food, they produce acids. These acids lead to cavities.
- Place a pea-sized dab of toothpaste on your toothbrush. (Use a soft toothbrush.)
- Place the toothbrush against the teeth at a 45-degree angle up to the gum line.
- Move the brush across the teeth using a small circular motion. Continue with this motion cleaning one tooth at a time. Keep the tips of the bristles against the gum line. Avoid pressing so hard that the bristles lie flat against the teeth. (Only the tips of the toothbrush clean the teeth.) Let the bristles reach into spaces between teeth.
- Brush across the top of the chewing surfaces of the teeth. Make sure the bristles get into the grooves and crevices.
- Use the same small circular motion to clean the backside of the upper and lower teeth -- the side that faces the tongue.
- To clean the inside of the bottom front teeth, angle the head in an up-and-down position toward the bottom inside of the mouth and move the toothbrush in a small circle.
- For the inside of the top front teeth, angle the brush in an up-and-down position with the tip of the head pointing towards the roof of the mouth. Move the toothbrush in a small circle.
- Give your tongue a few gentle brush strokes, brushing from the back of your tongue forward. Do not scrub. This helps remove bacteria and freshens your breath.
- After brushing your teeth for two to three minutes, rinse your mouth with water.
- Replace your toothbrush with a new one every three to four months.

How to Floss

The American Dental Association gives these tips for flossing right:

- Use 18 inches of floss. Wrap most of it around the middle finger of one hand, the rest around your other middle finger.
- Grasp the string tightly between your thumb and forefinger, and use a rubbing motion to guide it between teeth.
- When the floss reaches the gum line, form a C to follow the shape of the tooth.
- Hold the strand firmly against the tooth, and move it gently up and down.
- Repeat with the other tooth, and then repeat the entire process with the rest of your teeth.
- Use fresh sections of floss as you go.



Local Dentists

Merit Dental

5850 CENTRE AVE. PITTSBURGH, PA 15206

(412) 203-8130

MON: 9:00 AM - 6:00 PM

TUE: 9:00 AM - 5:30 PM

WED: 8:00 AM - 1:00 PM

THU: 9:30 AM - 6:30 PM

FRI: 8:00 AM - 1:00 PM

Insurance Accepted: Aetna, BlueCross BlueShield, Cigna, Delta Dental, Dentemax, Guardian, Metlife, United Concordia Dental, UnitedHealthCare, UPMC Health Plan



Richard Gottlieb, DMD

3347 Forbes Ave

Suite 302

Pittsburgh, PA 15213

Oakland

Mon 7:00 am - 6:00 pm

Tue 7:00 am - 5:00 pm

Wed 7:00 am - 4:00 pm

Thu 7:00 am - 6:00 pm

Fri 7:00 am - 3:00 pm

Sat Closed

Sun Closed



Edgewood Dental Associates

(412) 307-4496

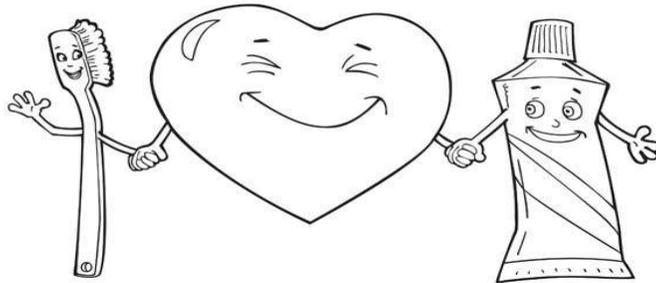
1789 S. Braddock Ave

Pittsburgh, PA 15218

Monday:	7:00am - 5:00pm
Tuesday:	7:00am - 8:00pm
Wednesday:	8:00am - 8:00pm
Thursday:	7:00am - 5:00pm
Friday:	9:30am - 2:30pm (only open some Fridays of the month)

Insurance Accepted: United Concordia (PPO PLAN), Cigna DNSP, Delta Dental, UPMC Dental Advantage, Aetna, and Guardian

I LOVE MY DENTIST!



SHADYSIDE DENTISTRY

58881/2 Ellsworth Avenue

Pittsburgh, PA 15232

(412) 362-0900

Mon	12:00 pm - 8:00 pm
Tue	9:00 am - 5:00 pm
Wed	12:00 pm - 8:00 pm
Thu	9:00 am - 5:00 pm
Fri	Closed
Sat	Closed
Sun	Closed

Robinson Township Smiles

66 Forest Grove Road
Coraopolis, PA 15108

Monday 8:30AM - 5:00PM

Tuesday 8:30AM - 7:00PM

Wednesday 8:00AM - 3:00PM

Thursday 8:30AM - 7:00PM

Robinson Township Smiles accepts most PPO dental insurance plans, and we are happy to help you maximize your insurance benefits. Simply give us a call, and our front desk staff will check your insurance plan to make sure we accept it and also give you information about your coverage and benefits.



Gurtner Stephen M DDS

429 Cochran Rd, Pittsburgh, PA 15228
412-341-0133

This practice specializes in pediatric dentistry, must call to make an appointment and check what insurance is accepted.

When to Visit a Primary Care Physician Versus When to go to the Emergency Room



EMERGENCY ROOM

If you experience:

- Chest pain
- Confusion
- Broken bone
- Fainting
- High fever
- Ingestion of obstructive object
- Major head injury
- Palpitations
- Pneumonia
- Seizures
- Severe abdominal pain
- Severe asthma attack
- Severe burns
- Severe headache
- Shock
- Shortness of breath
- Unconsciousness
- Uncontrollable bleeding

PRIMARY CARE PHYSICIAN

If you experience:

- Allergic reaction
- Asthma attack (minor)
- Bronchitis
- Colds, cough, flu, fever
- Dehydration
- Dizziness
- Ear infection
- Insect bite
- Migraine
- Minor burns
- Minor cuts/lacerations
- Minor head injury
- Nausea
- Pink eye
- Rash
- Sore throat
- Sprain or strain
- Urinary tract infection



What is CHIP?

Children's Health Coverage Programs in Pennsylvania

- Medicaid and CHIP provide no-cost or low-cost health coverage for eligible children in Pennsylvania. Even if your children have been turned down in the past or you don't know if they qualify, you may be able to get health coverage for them now.
- Medicaid and CHIP provide health coverage for children so that they can get routine check-ups, immunizations and dental care to keep them healthy. They can also get doctor visits, prescription medications and hospital care when they're sick, and much more.

Frequently Asked Questions

Q: Is my child eligible for Medicaid or CHIP?

A: States have different income eligibility rules, but in most states, children up to age 19 with family income up to \$48,500 per year (for a family of four) may qualify for Medicaid or the Children's Health Insurance Program (CHIP). In many states, family income can be even higher and children can still qualify. Young people up to age 21 may be eligible for Medicaid. Youth who have "aged out" of foster care can be covered under Medicaid until they reach age 26; there is no income limit for these youth.

Medicaid and CHIP coverage is for U.S. citizens and certain lawfully present immigrants. To find information about the Medicaid and CHIP programs in your state, go to [Learn About Programs in Your State](#) or call **1-877-KIDS-NOW (1-877-543-7669)**. When you call the free and confidential hotline, you will be connected to someone in your state who can help you learn whether your children may qualify and help you enroll them.

Q: I have teenagers. Are they eligible for coverage, too?

A: Yes, in every state, children from birth until their 19th birthday may be eligible for coverage.

Q: I have a job. Can my children and teens still qualify?

A: Yes, many children who are eligible for Medicaid and CHIP are in families where one or both parents are working. Working parents may not have health coverage through their jobs or the health plans they are offered may not cover their children. Many working families cannot afford health insurance on their own.

Q: Who can apply for Medicaid and CHIP for a child?

A: A parent, grandparent, guardian or other authorized representative can apply on behalf of a child. If you are a teenager living on your own, your state may allow you to apply for Medicaid on your own behalf or any adult may apply for you.

Q: What if my children and teens are covered by Medicaid or CHIP already?

A: That's great! They already have comprehensive health insurance. If you are having trouble finding the care your child needs, call the toll free number **1-877-KIDS-NOW (1-877-543-7669)**. **If you are looking for a dentist for your child, enter your information in the "Find a Dentist for Your Kid" box on the InsureKidsNow.gov home page.**

Q: Is there a limit on the amount of time my child or teen can remain enrolled in Medicaid or CHIP?

A: Children and teens can stay covered as long as they qualify. You will need to renew their coverage once a year.

Q: How do I know when to renew Medicaid or CHIP coverage for my child or teen?

A: The program will contact you to let you know that it is time to renew your child's coverage.

Covered Services

Q: What do Medicaid and CHIP cover?

A: All states provide comprehensive coverage for children, including: Routine check-ups, Immunizations, Doctor visits, Prescriptions, Dental and vision care, Inpatient and outpatient hospital care, Laboratory and X-ray services, Emergency services, Some specific benefits may be different from state to state.

Q: How do I find a health care provider (doctor, dentist or pharmacist) in my area that accepts Medicaid or CHIP?

A: There are several things you can do to find a health care provider:

2. If you already have a health care provider for your child, ask if he or she accepts Medicaid, CHIP, or the health plan you selected. If you've been getting care from a provider that doesn't accept Medicaid, CHIP, or any of its health plans, you may be able to keep seeing that provider for a short time until you can find another provider, but you need to ask your state's Medicaid or CHIP program, or the health plan you selected.
3. Most Medicaid and CHIP programs and health plans have websites that tell you which providers are available.
4. Call your [state Medicaid or CHIP agency](#) or your health plan's member services department for help. The phone number is typically on eligibility letters or on the back of program enrollment cards. This information should also be available on your health plan's website or your state Medicaid or CHIP agency website.

Be sure to let your provider know that you are enrolled in Medicaid or CHIP, or give the name of your health plan when you make an appointment for care. If you are having trouble getting an appointment to see a doctor, call your state Medicaid or CHIP agency or your health plan's member services department for help.

Costs for Families

Q: What do families pay for coverage under Medicaid and CHIP?

A: Depending on their income, many families will get free health coverage for their children and teens. Other families may be required to pay a modest enrollment fee or premiums, and copayments for specific services. The rest of the coverage is paid for by the federal government and your state.

Application Process

Q: When can I apply for Medicaid and CHIP? Is there a certain time of year I can apply?

A: You can enroll in Medicaid or CHIP any time. There's no special open enrollment period for Medicaid or CHIP. You can apply at [HealthCare.gov](https://www.healthcare.gov) or directly with your [state Medicaid/CHIP agency](#).

Q: How do I apply?

A: You can apply online, by phone, by mail or in person. You can apply using the [online application](#) or directly at your [state's Medicaid or CHIP agency](#). Or, to get more information and help call **1-877-KIDS-NOW (1-877-543-7669)**, a free and confidential hotline, to be connected directly to your state's program.



Family-Strengthening Activities

Activities you can do with your family to strengthen your familial bonds

Families look differently for everyone some families have a mom, dad, and one child. While other families may include stepsiblings, half-siblings, grandparents, aunts or uncles, or close family friends. These activities can help strengthen bonds with those who you call family!

- Plan one extra (beyond celebrating just birthdays and holidays together) all-family activity just for the purpose of celebrating your family life. During the fun, talk to each member about their impressions of your family life.
- At the dinner table, have each person name one thing about the family for which he or she is thankful.
- Count the members of your immediate family. Then add relatives. Then add special friends. How big is your "family"?
- Make some resolutions to improve family communication; i.e., schedule regular "family meetings," assist a member with a difficult task once each week, plan a special family celebration once each month, etc.
- Write, "love notes" to each other, and hide them where they can easily be found.
- Hug, kiss, smile, and wink.
- Create a family symbol or a family motto as an expression of your family's unity.
- Write a letter to a distant relative.
- Parents can learn by having children grade parents with an occasional report card. Subjects — smiling, laughing, sharing and playing.
- Play the one-a-day compliment game for a week, with every family member. Keep score!!!
- Volunteer to help someone who doesn't have a family.
- Make a "suggestion box" and encourage everyone to contribute whatever is on his or her mind. Open it once a week, and discuss the contents.
- Make a resolution to maintain your family as your highest priority.
- To strengthen bonds with an incarcerated family member, you can write letters, color pictures to send, or talk about favorite memories of them.

More activities to strengthen family bonds

Family Awards

Scheduling a weekly family awards night can help build a positive, trusting and encouraging environment. For the awards, choose something the kids enjoy such as stickers or favorite candy bars. On awards night, recognize each family member for three positive accomplishments such as being kind to a sibling, taking out the garbage or acing a test. After receiving an award, have the family speak about his accomplishments and say something positive about other family members.



Everyday Activities

The quality and quantity of time family members spend together is essential to building and maintaining strong communication, according to a publication by North Carolina Cooperative Extension Service, "Strengthening Family Relationships." Working together at household chores or yard work opens up the lines of communication and may help create fun, laughter and fond memories. This might not happen right away, but if you lead your family towards more togetherness and increased communication, the children will likely adapt and learn to enjoy the time. Additional family activities can include, but certainly aren't limited to, going to church together, family game night and creating family traditions around birthdays and holidays.

Family Dates

Try planning family "dates." Enter an official family date on the calendar where everyone can see it. The date can be anything from going to see a movie together to spending an afternoon at the park. Explain to all the family members that everyone must keep the "date" unless an emergency arises. Family dates help strengthen relationships within the family not only because they give family members a chance to share activities, but also because they give all family members something to which they can look forward too. If dates for the entire family are difficult to schedule, you can arrange dates on a smaller scale -- such as a date with one parent and one child, or a date with an older and younger sibling.

Family "Celebrities"

For this activity, the adults or older siblings in the family can dress up as newspaper reporters, complete with a hat, badge and overcoat if available -- and learn as much as possible about the younger children in the family who are can act as the "celebrities." Some ideas for questions might include asking their favorite colors, favorite foods, fears, what makes them sad or happy and how they would spend a day off from school if they could do anything they wanted. Take notes -- and the younger children will gain a feeling of importance from the undivided attention. You can also switch roles and have the younger children act as the reporters and ask questions of their older siblings and parents.

More important than the activity you chose to do with your family, is to have family night consistently! Let your children know that it is mandatory to participate in the lesson or activity. Let them offer feedback or ideas on what would make family night more engaging for them depending on the age of your child. Talk openly about family values, expectations, and how important a strong family is!



Amachi

PITTSBURGH

RESOURCE LIST

The following Federal Government resources* provide reliable, science based information on nutrition and physical activity, as well as an evolving array of tools to facilitate Americans' adoption of healthy choices.

Dietary Guidelines for Americans	http://www.dietaryguidelines.gov
MyPyramid.gov	http://www.mypyramid.gov
Physical Activity Guidelines for Americans	http://www.health.gov/paguidelines
Nutrition.gov	http://www.nutrition.gov
healthfinder.gov	http://www.healthfinder.gov
Health.gov	http://health.gov
U.S. Department of Agriculture (USDA)	
Center for Nutrition Policy and Promotion	http://www.cnpp.usda.gov
Food and Nutrition Service	http://www.fns.usda.gov
Food and Nutrition Information Center	http://fnic.nal.usda.gov
National Institute of Food and Agriculture	http://www.nifa.usda.gov
U.S. Department of Health and Human Services (HHS)	
Office of Disease Prevention and Health Promotion	http://odphp.osophs.dhhs.gov
Food and Drug Administration	http://www.fda.gov
Centers for Disease Control and Prevention	http://www.cdc.gov
National Institutes of Health	http://www.nih.gov
Let's Move!	http://www.letsmove.gov
Healthy People	http://www.healthypeople.gov
U.S. National Physical Activity Plan ^a	http://www.physicalactivityplan.org

a. Note: The U.S. National Physical Activity Plan is not a product of the Federal Government. However, a number of Federal offices were involved in the development of the Plan.