

# HEALTHY Prescriptions



## World Food Day



**W**orld Food Day (WFD) is a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger. It is observed annually on October 16, in recognition of the founding of the UN Food and Agriculture Organization (FAO) in 1945. The first World Food Day was in 1981. The theme for this year's observance is "Biodiversity for Food Security". It will highlight biodiversity's role in ensuring people have sustainable access to enough high-quality food to lead active and healthy lives.

World Food Day planning is done at the community level.

Individual groups can hold a special event. Local coalitions, representing the diversity of national sponsors, can share ideas that will involve schools, businesses, worship centers, government offices, service groups, the media, etc. Here are some ways to use the day more effectively:

**Increase Awareness:** provide a briefing on the issues for the media; promote WFD.

**Increase Understanding:** work with schools and colleges; plan a community seminar.

**Increase Information:** help in coordinating a research project on community food security.



**Increase Support:** hold a fund raiser for local and/or international projects

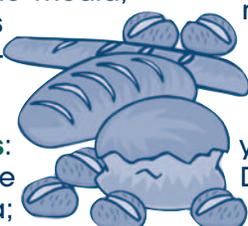
**Increase Advocacy:** seek policy commitments from public officials (or candidates).



**Increase Networking:** use WFD to bring together people, ideas and resources.

**Increase Year-Around Action:** seek to involve people in on-going service/support.

**Increase Impact:** devise a means to measure the year to year progress you are making; consider World Food Day the "annual meeting" for hunger activists.



For more information on how you can plan a World Food Day program, contact De'Shoin York Friendship at the SU Ag Center.

## Broccoli & Cheese Casserole



- 1/4 c Onions
  - 1c Cheddar Cheese, low sodium, shredded
  - 1tsp Butter
  - 1 10 oz. pkg. Broccoli - chopped, frozen
  - 2c White Rice, cooked
1. Brown onions in margarine. Break up broccoli.
  2. Mix onion, broccoli, and rice. Place in greased casserole dish.
  3. Sprinkle cheese over casserole.
  4. Bake at 350 degrees for 45 - 50 minutes.

**Makes 6 servings.**

Nutrition Facts	
Serving Size (134g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 5g	<b>23%</b>
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein 7g</b>	
Vitamin A 25%	Vitamin C 45%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

# 2004 NATIONAL HEALTH & NUTRITION OBSERVANCES

## SEPTEMBER

Baby Safety Month  
Children's Eye Health and Safety Month  
Gynecologic Cancer Awareness Month  
Head Lice Prevention Month  
Healthy Aging Month  
Leukemia & Lymphoma Awareness Month  
National Cholesterol Education Month  
National Food Safety Education Month  
National Sickle Cell Month  
Ovarian Cancer Awareness Month  
National Alcohol & Drug Addiction Recovery Month  
Prostate Cancer Awareness Month  
Suicide Prevention Week (5<sup>th</sup>-11<sup>th</sup>)  
National Rehabilitation Week (19<sup>th</sup>-25<sup>th</sup>)  
National Rey's Syndrome Week (19<sup>th</sup>-25<sup>th</sup>)  
Family Health & Fitness Day USA (27<sup>th</sup>)  
National Women's Health & Fitness Day (24<sup>th</sup>)

## OCTOBER

Celiac Sprue Awareness Month  
Cold and Flu Campaign  
Domestic Violence Awareness Month  
Health Literacy Month  
Healthy Lung Month  
Halloween Safety Month  
Let's Talk Month

National Breast Cancer Awareness Month  
National Brain Injury Awareness Month  
National Dental Hygiene Month  
National Down Syndrome Awareness Month  
National Family Sexuality Education Month  
National Liver Awareness Month  
National Lupus Awareness Month  
National Medical Librarians Month  
National Orthodontic Health Month  
National Physical Therapy Month  
National Spina Bifida Awareness Month  
Rett Syndrome Awareness Month  
Talk About Prescriptions Month  
World Blindness Awareness Month  
Mental Illness Awareness Week (3<sup>rd</sup>-9<sup>th</sup>)  
National Child Health Day (4<sup>th</sup>)  
Drive Safely Work Week (4<sup>th</sup>-8<sup>th</sup>)  
National Fire Prevention Week (5<sup>th</sup>-11<sup>th</sup>)  
National Depression Screening Day (7<sup>th</sup>)  
National Adult Immunization Awareness Week (10<sup>th</sup>-16<sup>th</sup>)  
National School Lunch Week (11<sup>th</sup>-15<sup>th</sup>)  
SAVE (Stop America's Violence Everywhere) Today (13<sup>th</sup>)  
National Mammography Day (15<sup>th</sup>)  
World Food Day (16<sup>th</sup>)  
National Radon Action Week (19<sup>th</sup>-25<sup>th</sup>)  
National Red Ribbon Celebration (Campaign to keep kids off drugs week 23<sup>rd</sup>-31<sup>st</sup>)



SOUTHERN UNIVERSITY  
AGRICULTURAL  
RESEARCH & EXTENSION  
C E N T E R

### Resources/References:

1. Food and Agriculture Organization of the United Nations  
[www.fao.org](http://www.fao.org)
2. National Institute of Arthritis and Musculoskeletal and Skin Disease  
[www.niams.nih.gov](http://www.niams.nih.gov)

3. U.S. National Committee for World Food Day  
[www.worldfooddayusa.org](http://www.worldfooddayusa.org)

For Additional Resources contact

**Southern University Agricultural Research and Extension Center at (225) 771-2242.**

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## October is Lupus Awareness Month

### What is Lupus?

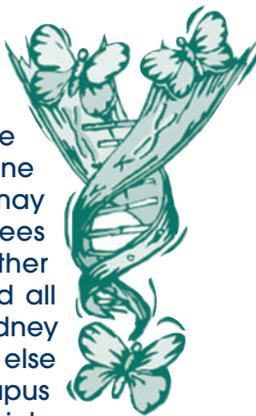
Lupus is an autoimmune (AW-toe-ih-MYOOON) disease. Your body's immune system is like an army with hundreds of soldiers. The immune system's job is to fight foreign substances in the body, like germs and viruses.



But in autoimmune diseases, the immune system is out of control. It attacks healthy tissues, not germs.

You can't catch lupus from another person. It isn't cancer, and it isn't related to AIDS.

Lupus is a disease that can affect many parts of the body. Everyone reacts differently. One person with lupus may have swollen knees and fever. Another person may be tired all the time or have kidney trouble. Someone else may have rashes. Lupus can involve the joints, the skin, the kidneys, the lungs, the



heart and/or the brain. If you have lupus, it may affect two or three parts of your body. Usually, one person doesn't have all the possible symptoms.

There are three main types of lupus:

#### 1. Systemic lupus erythematosus

(eh-RITH-eh-muh-TOE-sus) is the most common form. It's sometimes called SLE, or just lupus. The word "systemic" means that the disease can involve many parts of the body such as the heart, lungs, kidneys, and brain. SLE symptoms can be mild or serious.

**2. Discoid lupus erythematosus** mainly affects the skin. A red rash may appear, or the skin, face, scalp, or elsewhere may change color.

**3. Drug-induced lupus** is triggered by a few medicines. It's like SLE, but symptoms are usually milder. Most of the time, the disease goes away when the medicine is stopped. More men develop drug-induced lupus because the drugs that cause it, hydralazine and procainamide, are used to treat heart conditions that are more common in men.

this reason, lupus has been called the "great imitator." The signs of lupus differ from person to person. Some people have just a few signs; others have more.

### Common signs of Lupus are:

- Red rash or color change on the face, often in the shape of a butterfly across the nose and cheeks
- Painful or swollen joints
- Unexplained fever
- Chest pain with deep breathing
- Swollen glands
- Extreme fatigue (feeling tired all the time)
- Unusual hair loss (mainly on the scalp)
- Pale or purple fingers or toes from cold or stress
- Sensitivity to the sun
- Low blood count
- Depression, trouble thinking, and/or memory problems



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### What are the Signs and Symptoms of Lupus?

Lupus may be hard to diagnose. It's often mistaken for other diseases. For

Other signs are mouth sores, unexplained seizures (convulsions), "seeing things" (hallucinations), repeated miscarriages, and unexplained kidney problems.

# Lupus Cont'd.

## What is a Flare?

When symptoms appear, it's called a "flare." These signs may come and go. You may have swelling and rashes one



week and no symptoms at all the next. You may find that your symptoms flare after you've been out in the sun or after a hard day at work.

Even if you take medicine for lupus, you may find that there are times when the symptoms become worse. Learning to recognize that a flare is coming can help you take steps to cope with it. Many people feel very tired or have pain, a rash, a fever, stomach discomfort, headache, or dizziness just before a flare. Steps to prevent flares, such as limiting the time you spend in the sun and getting enough rest and quiet, can also be helpful.



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## Preventing a Flare

- Learn to recognize that a flare is coming
- Talk with your doctor
- Try to set realistic goals and priorities
- Limit the time you spend in the sun
- Maintain a healthy diet
- Develop coping skills to help limit stress

- Get enough rest and quiet

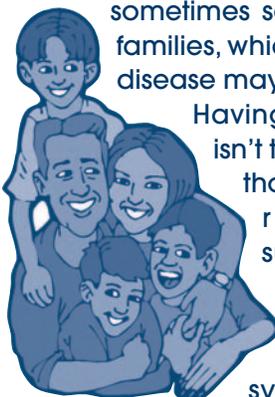


- Moderately exercise when possible

- Develop a support system by surrounding yourself with people you trust and feel comfortable with (family, friends, etc.).

## What Causes Lupus?

We don't know what causes lupus. There is no cure, but in most cases lupus can be managed. Lupus sometimes seems to run in families, which suggests the disease may be hereditary. Having the genes isn't the whole story, though. The environment, sunlight, stress, and certain medicines may trigger symptoms in some people. Other people who have similar genetic backgrounds may not get signs or symptoms of the disease. Researchers are trying to find out why.



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## Who Gets Lupus?

Anyone can get lupus. But nine out of 10 people who have it are women. African American women are three times more likely to get lupus than white women. It's also more common in Hispanic/Latino, Asian, and American Indian women.

Both African Americans and Hispanics/Latinos tend to develop lupus at a younger age and have more symptoms at diagnosis

(including kidney problems). They also tend to have more severe disease than whites. For example, African American patients have more seizures and strokes, while Hispanic/Latino patients have more heart problems. We don't understand why some people seem to have more problems with lupus than others.

## Hope Through Research



Scientists are working to find out what causes lupus and how it can best be treated. Here are some of the questions they are trying to answer:

- Who gets lupus and why?
- Why are women more likely to get lupus than men?
- Why are there more cases of lupus among certain racial and ethnic groups?
- What goes wrong in the immune system and why?
- What genes play a role in lupus?
- How can we fix an immune system that isn't working well?
- How can lupus symptoms best be treated?

The National Institutes of Health (NIH) supports research on health and disease. The National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) support research on the bones, joints, muscles, connective tissue, and skin. These are the parts of the body that can be affected by lupus.

# Color Your Plate with a Healthy Spectrum of Color with Fruits and Vegetables

As we are about to end another summer, don't forget about the bounty of fruits and vegetables that exist. With the advancements in agriculture and increase imports of produce from other countries, you can still purchase fruits and vegetables at a reasonable price in local grocery stores. By coloring your daily diet with bright oranges, deep reds, dark greens, majestic blues and purples, and sunshine yellows you can actually help lower your risk of specific chronic diseases! The more colors you see on the plate, the more health promoting properties you are receiving from your fruits and vegetables.



Historically, African Americans have always consumed a diet that was moderate in fruits and vegetables. However with the decrease in small farms and acculturation, eating fruits and vegetables were becoming a very low denominator as a part of our meal pattern. But with the resurgence of nutrition and how it relates to optimal health and chronic disease prevention and control, many African Americans are slowly picking up the trend of increasing fruit and vegetable consumption.

Nutrition research indicates that colorful fruits and vegetables contain essential vitamins, minerals and phytochemicals that help prevent diseases such as cancer, promote health and help you feel great!

Antioxidants or phytochemicals are your cells' protectors. They protect your body's cells just as oil or paint

protects your car from rust! Cells need protecting because oxidation creates damaging byproducts. These byproducts, called free radicals, occur when some oxygen molecules become highly reactive. These free radicals can cause cell damage that may lead to heart disease, cancer, and weakening of the immune system. Antioxidants help to prevent the damaging effects of free radicals by controlling them or transforming them to less damaging compounds. Some better known antioxidants include vitamin C, vitamin E and beta carotene. Beta carotene is converted to vitamin A in the body.

So lets color our plate with:

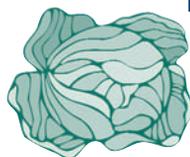
## Reds



When you add deep reds or bright pinks to your daily diet, you are also adding a powerful antioxidant called lycopene. **Lycopene** is found in tomatoes, red and pink grapefruit, watermelon and guava. A diet rich in lycopene has been suggested to reduce the risk of select cancers, including prostate cancer.

## Greens

**Lutein and zeaxanthin** that are found in spinach, collards, kale and broccoli have antioxidant properties that protect your eyes by keeping your retina strong. Also research indicates that green cruciferous vegetables (cabbage, brussel sprouts, cauliflower,



kale, and turnips) may reduce the risk of cancerous tumors.

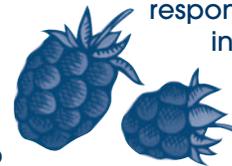
## Oranges and Yellows

Orange and yellow fruits and vegetables like sweet potatoes, carrots, and apricots, include **beta carotene**. This carotenoid is a natural antioxidant and enhances your immune system. The orange group is also rich in vitamin C and E. Folate, most often found in leafy greens, is also found in orange fruits and vegetables and may help in the prevention of some birth defects.



## Blues and Purples

Anthocyanins, are pigments responsible for the blue color in fruits and vegetables, and they may help defend against harmful carcinogens. Blueberries, in particular, are rich in vitamin C, folic acid, high in fiber and potassium.



What about getting **antioxidants from supplements?** Supplements lack the great variety of compounds in foods which may already have antioxidant powers. Most important high doses of nutrients as pills can be harmful. For example, high doses of vitamin A can be toxic. Furthermore, a high dose of one nutrient can offset the benefits of another nutrient. Also these pills do not contain the needed fiber - which has prevention power as well!

So the next time you look at your plate, make sure you have a spectrum of healthy color that will help improve your overall health!

# Exercise and Lupus

## Exercise and Lupus

Because lupus causes joint pain and inflammation, muscle pain, and fatigue, the very thought of exercising can be a challenge. In addition, because lupus is a disease that requires a large amount of rest, you might wonder why exercise is so important. Although rest is important in managing fatigue, too much rest can be harmful to muscles, bones, joints, and overall fitness. Keeping fit through an exercise program planned just for you can help you feel better, both mentally and physically.



Regular exercise will:

- increase your muscle strength
- help prevent your joints from getting stiff
- help prevent osteoporosis
- help keep your weight under control
- improve your cardiovascular health
- help reduce stress

## Getting Started Can Be the Hardest Part

1. Check with your doctor before you start any type of exercise program. He or she can evaluate your overall condition and fitness and recommend a type and level of activity that are right for you.
2. Try to find someone to exercise with; it can be a lot more fun.
3. Start slowly. Chart your progress so you can see and take pride in your accomplishments.
4. Change your exercise activities depending on how you feel. If you're not up to it one day, that's okay. Try to go back to your program the next day.

For a healthy person, achieving physical fitness can be a lot of hard work. For a person with lupus, such an achievement is really something to be proud of!



## Weight Loss or Poor Appetite

Weight loss over the previous year is commonly reported by people who are newly diagnosed with lupus. Weight loss and poor appetite can be caused by the illness itself or by some medications that may cause stomach upset or mouth sores (also called mouth ulcers).

## Nutrition and Lupus

Good nutrition is an important part of the overall treatment plan for your lupus. A well-balanced diet provides the necessary fuel for your body to carry on its normal functions. Although there are no specific dietary guidelines for people with lupus, there are some nutrition issues that you should know about. If any of these issues become a problem for you, talk with your doctor or nurse. They will be able to provide you with additional information.

## Weight Gain

Weight gain may be a problem for people who take corticosteroids. These drugs often increase a person's appetite, and, unless you are careful, unwanted weight gain will occur. Your doctor or nurse will assess your diet and other related problems and can suggest a program to help you control your weight and lose any unwanted pounds. The program will probably include a low-fat diet, exercise, and behavior modification.



### Resources/References:

1. National Institute of Arthritis and Musculoskeletal and Skin Disease  
[www.niams.nih.gov](http://www.niams.nih.gov)
2. U.S. National Committee for World Food Day  
[www.worldfooddayusa.org](http://www.worldfooddayusa.org)

### For Additional Information Contact:

*"Linking Citizens of Louisiana  
with Opportunities for Success"*