

Have a happy and healthy Mother's Day!

Show mom your sweet side. Include fruit in any meal or snack you prepare. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect from certain diseases.

Eat your veggies together. Vegetables are a natural source of energy and give the body many nutrients needed to keep going. Find what's in season and add a variety of colors and flavors to anything you prepare.

Help her stay safe.

- Change the batteries in the smoke alarms. Make sure she's taking steps to prevent fires.
- Help her prepare for spring and summer storms.
- Get her a fabulous spring hat for sun protection.
- If she's a senior, help reduce her risk for falls by making her home safer.

Take it to heart: Heart disease is a major health problem for older women. Learn together the common symptoms of a heart attack in women, and make a plan for what to do if those symptoms occur.

Mind your manners. Don't add to her stress. If she is stressed, help her get the care and support she needs.

Go to sleep. Insufficient sleep is associated with a number of health problems. Urge her to get 7-8 hours a

night and to talk with a health care provider if she has trouble sleeping.

Get up off the couch! Be active together. Encourage her to walk, help her plant her garden, ride your bicycles together (with helmets), take her dancing, or anything else that will help you both get the recommended minimum 2½ hours of moderate physical activity each week.

Clear the air. If you or your mom smoke, quit. Quitting smoking greatly reduces the risk for disease and premature death and quitting is beneficial at all ages. Quitting smoking decreases health risks to the people around you, too.

Tell her about text messages for new moms and moms-to-be. Sign up for text4baby, a free service that provides pregnant women and new moms with free weekly text messages with tips for healthy pregnancy and raising a healthy baby. Messages are timed to a woman's due date or the baby's date of birth. Text **BABY** to 511411 (or **BEBE** in Spanish.)

Get more information on these and other women's health topics at <http://www.cdc.gov/women/index.htm>

Recipe of the Week: Blueberry-Ricotta Pancakes

serves 4, 2 pancakes each

from www.eatingwell.com

- ½ cup whole-wheat pastry flour
- ¼ cup plus 2 tablespoons all-purpose flour
- 1 teaspoon sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon freshly grated nutmeg
- ¾ cup part-skim ricotta cheese
- 1 large egg
- 1 large egg white
- ½ cup nonfat buttermilk
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 2 teaspoons canola oil, divided
- ¾ cup fresh or frozen (not thawed) blueberries

1. Whisk dry ingredients in a small bowl. Whisk remaining ingredients except blueberries in a large bowl until smooth. Stir dry ingredients into wet ingredients until just combined.
2. Place a large nonstick skillet or griddle over medium heat until hot. Oil pan lightly, ½ teaspoon at a time, if needed. Use a generous ¼ cup of batter for each pancake. Sprinkle blueberries on each pancake and cook until the edges are dry and bubbles begin to form, about 2 minutes. Flip the pancakes and cook until golden brown, about 2 minutes more. Adjust heat as needed to prevent burning.

Nutrition Facts per serving:

Calories: 238	Total Fat: 8g	Saturated Fat: 3g
Fiber: 3g	Sodium: 334mg	Protein: 12g

Tip of the Week: Challenge yourself and the people around you! Start a streak of days in which you get some exercise, or start a virtual trip, adding up the miles you walk, swim, bike or run. Post your progress on your office door, your refrigerator, your calendar, facebook page or tweet. You will have more motivation to keep your streak going or complete your journey, and others will be motivated to start their own.

adapted from 4 Steps to Healthier Surroundings by Mike Kramer, www.sparkpeople.com