

# Backdoor Reading From Your Parish Nurse

## Everyday Eating for a Healthier You

### Balancing Calories to Manage Weight

The first step is to focus on balancing calories with physical activity and consuming an overall healthy eating pattern. The *Dietary Guidelines* recommend shifting eating patterns to eat more of some foods and nutrients and less of others.

### Foods and Nutrients to Increase

- Whole grains
- Vegetables
- Fruits

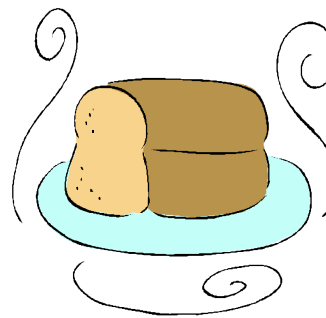
- Low-fat or fat free milk, yogurt and cheese or fortified soy beverages.
- Vegetable oils such as canola, corn, olive, peanut and soybean
- Seafood

### Foods and Food components to Reduce

More than one-third of all calories consumed are solid fats and added sugars. Eat less

- Added sugar
- Solid fats, in-

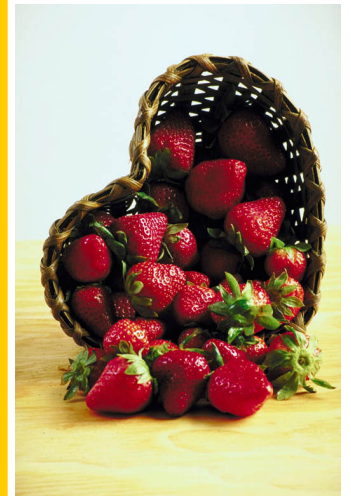
- cluding trans fats
- Refined grains
- Sodium



## Color Your Plate With Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal. Encourage kids to eat more

vegetables by setting out ingredients to make their own creation. Start with greens, and add vegetables, fruits and beans. Add a light salad dressing and enjoy!



### Reduce Sodium

- Prepare food using little salt
- Taste food before salting it
- Eat fresh fruits and vegetables which are naturally low in sodium
- Use herbs, spice rubs and fruit juices in cooking in place of salt
- Check food labels comparing like items and choose low salt.
- Eat fresh, lean meats, poultry, fish, dry and fresh beans and peas and eggs.

## Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful



*Caption describing picture or graphic.*

newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety

of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.

## Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon

**“To catch the reader’s attention, place an interesting sentence or quote from the story here.”**

new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the



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image near the image.

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## Asbury United Methodist

Primary Business Address  
Your Address Line 2  
Your Address Line 3  
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail:  
someone@example.com



**Your business tag line here.**



*This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.*

*It would also be useful to include a contact name for readers who want more information about the organization.*

## Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names

and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to

mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



*Caption describing picture or graphic.*