

hapitimes



Calcium Are You Getting Enough?

Calcium is the most plentiful mineral found in the body. The teeth and bones contain the most calcium. Nerve cells, body tissues, blood and other body fluids contain it as well.

Many foods contain calcium, but dairy products are the best source. Milk, yogurt, cheeses and buttermilk contain a form of calcium that the body can easily absorb. (Removing the fat will not lower the amount of calcium in a dairy product, so feel free to choose a lower-fat option.) Other sources include green leafy vegetables, salmon and sardines, almonds, and dried beans.

Calcium is also found in many multivitamin-mineral supplements.

The amount varies, depending on the supplement. Supplements may contain only calcium, or calcium with other nutrients such as vitamin D. Check the label on the Supplement Facts panel of the package to determine the amount of calcium in the supplement. Your doctor or pharmacist can recommend the right amount of calcium for you.

— Sources: U.S. National Library of Medicine

Say No to Gum Disease Are You Getting Enough?

Gum disease begins when plaque builds up along and under the gum line. This plaque causes infections that hurt the gum and bone that hold teeth in place. Sometimes gum disease makes your gums tender and more likely to bleed. This problem, called gingivitis, can often be fixed by daily brushing and flossing.

A more severe form of gum disease, called periodontitis, needs to be treated by a dentist or periodontist. If not treated, this infection can ruin the bones, gums and other tissues that support your teeth. Over time, your teeth may have to be removed.

To prevent gum disease:

- Brush your teeth twice a day with fluoride toothpaste.
- Floss once a day.
- Visit your dentist regularly for a checkup and cleaning.
- Eat a well-balanced diet.
- If you smoke, get help in quitting. Smoking puts you at increased risk for gum disease (along with many other health issues).

— Source: National Institute on Aging

Inside the Landmark

Lights, Camera, Action!

We had such a fun time with the kids in our after-school program when the camera crew from News12 came to film us and share our mission to help kids and families live healthier lifestyles with nutrition, fitness, and community gardening. Thanks to News12 and Hapi Director Michael for guiding the kids and doing the interview to share our progress!

See the video on our website and Facebook page:
www.hapiapts.org/blogs
www.facebook.com/hapifoundation



Health Tips

Step up for good health!
Girls should take 11,000 steps per day and boys should take 13,000 steps per day. Easy way to reach these goals? Run around!

Source: Let's Move;
more at www.letsmove.gov



Community Garden

Growth Opportunity: Some residents have been asking about the community garden we installed at the Landmark property.

We are excited to be using this to help teach the kids in our after-school program about the benefits of eating fresh and nutritious produce. What we are growing is for the kids and the volunteer residents who pitch in to care for the garden. We'd love your support—when you work on the garden, you're rewarded with the crops!



Hapi Meals

Chicken and Pineapple Skewers

INGREDIENTS

1 pound natural boneless, skinless chicken thighs, cut into 1 1/2 inch pieces
6 ounces plain yogurt
3 cups pineapple chunks

INSTRUCTIONS

Marinate chicken in yogurt for 20 minutes in a bowl.
Heat grill or oven to medium-high heat, 375°F.
Place chicken and pineapple on skewers, alternating pieces.
Grill or broil 5 minutes on each side or until chicken is cooked through.

Recipe adapted from H-E-B; more at www.heb.com/recipes