Oxford dictionary defines gratitude as “the quality of being thankful; readiness to show appreciation for and to return kindness.”

Gratitude has psychological, physical, and social benefits resulting in increased self-satisfaction, enhanced mood, stronger immune system, optimum blood pressure and cardiac functioning, better sleep-wake cycles, more empathy, better communication, and stronger interpersonal relationships to name a few.¹

There are 3 different ways to categorize gratitude: 1. An affective trait—meaning that experiencing gratitude is natural and a general characteristic of an individual, 2. A mood—gratitude varies and changes from time to time, and 3. An emotion—it is based upon feelings and experiences at the time.²

Five tips to practice gratitude may include: focusing on experiences and how you are feeling, developing a daily gratitude journal to capture why you are thankful, allowing time to absorb good feelings surrounding the moment, establishing rituals of gratitude, and recognizing and expressing appreciation towards people, things, and yourself.²

Why does taking antibiotics lead to antibiotic resistance?

Any time you take antibiotics, they can cause side effects and contribute to the development of antibiotic resistance. Antibiotic resistance is one of the most urgent threats to the public’s health.

Always remember:
1. Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it means bacteria are developing the ability to defeat the antibiotics designed to kill them.
2. When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
3. Some resistant bacteria can be harder to treat and can spread to other people.

What is the right way to take antibiotics?

If you need antibiotics, take them exactly as prescribed. Never save your antibiotics for later use or share them with family or friends.

Taking antibiotics only when needed helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

Talk with your healthcare professional if you have any questions about your antibiotics, including how they could interact with other medications you are taking, or if you develop any side effects.

What are the side effects?

Common side effects range from minor to very severe health problems and can include:
- Rash
- Diarrhea
- Dizziness
- Yeast infections
- Nausea

Get immediate medical help if you experience:
- Severe diarrhea—it could be a symptom of a C. diff infection, which can lead to severe colon damage and death.
- Severe and life-threatening allergic reactions, such as wheezing, hives, shortness of breath, and anaphylaxis (which also includes feeling that your throat is closing or choking, or your voice is changing).

More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use or call 1-800-CDC-INFO.
Why is it important to Be Antibiotics Aware?

Antibiotics are powerful, life-saving drugs. When your healthcare professional prescribes antibiotics, take them as directed. Patients can experience side effects while taking antibiotics. But remember, when antibiotics are needed, their benefits outweigh the risks of side effects and antibiotic resistance.

When antibiotics aren't needed, they won't help you, and the side effects could still cause harm. Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency room.

What do antibiotics treat?

Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics are critical tools for treating life-threatening conditions such as pneumonia and sepsis, which is the body's extreme response to an infection.

What don’t antibiotics treat?

Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green. Antibiotics also won't help some common bacterial infections, including most cases of bronchitis, many sinus infections, and some ear infections.

How can I stay healthy?

You can stay healthy and keep others healthy by:

• Cleaning hands by washing with soap and water for 20 seconds or using a hand sanitizer that contains at least 60% alcohol
• Covering your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
• Getting recommended vaccines, such as the flu vaccine

Talk to your healthcare professional about steps you can take to help prevent illness.

In children, reactions from antibiotics are the most common cause of medication-related emergency room visits.
PULSES
GOOD FOR YOU, GOOD FOR THE PLANET

Pulses are the nutritionally dense, edible seeds of legumes including dry peas, beans, lentils, and chickpeas. They contain essential nutrients such as potassium, magnesium, zinc, B vitamins and iron. Pulses have up to 9 grams of protein per ¼-cup serving, which makes them a good source of plant-based protein.

Pulses contain high amounts of soluble and insoluble fiber, which increases satiety and supports digestive health. Just one ¼-cup serving of pulses, such as chickpeas or lentils, can meet about a third of the Recommended Dietary Allowance (RDA) for fiber (women and men up to age 50 need 25 grams/day and 38 grams/day, respectively). Pulses may help reduce the risk of heart disease and diabetes due to their ability to improve blood sugar levels, reduce blood cholesterol and reduce blood pressure.

GROWING PULSES

Pulses are grown in the U.S. in the Northern Plains, which includes Montana, North Dakota, and South Dakota, and the Palouse, which includes eastern Washington, northern Idaho, and northeastern Oregon. Planting and harvest times vary depending on the region. In the Palouse, planting is typically done in April and May, with an August through October harvest. In the Northern Plains, due to the colder climate, planting and harvest dates are about two to three weeks later. Harvest usually starts late August and ends in early September.

Dry peas, dry beans, lentils, and chickpeas are typically grown in rotation with cereal grains. This method reduces the risk of diseases and helps to control weeds, insects, and other pests through increasing microbial diversity in the soil. Most pulses can withstand severe weather conditions, like droughts, making them an ideal crop for farmers living on arid land. All pulses are harvested in a dry, shelf-stable form making them a sustainable food choice.

Pulses are an affordable, plant-based choice costing less per serving than animal proteins including beef, pork, and chicken.

HEALTH OF THE PLANET
Pulses Are a Sustainable Food Source

Pulses are one of the most sustainable crops because they require very little water and fertilization to grow. Compared to pulses, the water footprint per gram of protein for milk, eggs, and chicken is nearly 15 times higher. Per gram of protein for beef, the water footprint is about 6 times larger than for pulses.¹

Pulses require less land to grow than animal-based foods and emit fewer greenhouse gasses.² Pulses are unique crops because they have nodules on their roots that pull nitrogen into the soil reducing the need for nitrogen fertilizers that other crops may require. This process also means that nitrogen-rich residues remain after harvest, adding beneficial microbes and nutrients that increase the fertility of the soil.³

References:
Nutrition

PULSES ARE:

Good source of protein
Lentils deliver double the protein per serving of quinoa

Excellent source of fiber
All pulses have 4x more fiber than brown rice

High in antioxidants
Per serving, red kidney beans have higher antioxidant content than blueberries and pomegranate juice

Iron-rich
One serving of black beans contains 1.5 times as much iron as one 3 oz. serving of flank steak

Good source of potassium
One serving of dry peas contains as much potassium as a banana

Excellent source of folate
Chickpeas contain 3x more folate per serving than kale

✓ Gluten-free  ✓ Sodium-free  ✓ Cholesterol-free

Nutritional information sourced from the USDA Nutrient Database; antioxidant data as published in Journal of Agricultural and Food Chemistry, June 9, 2004; All nutritional figures based on 1/2 cup serving of cooked pulses.
RULES of the GAME for Food Safety

Keep it clean
Before you eat or handle food, wash your hands, food prep tools and surfaces.

Cook to the right temperature
Use a food thermometer to check that foods are cooked to the right temperature:
- 165°F for chicken and
- 160°F for ground beef.

Watch the clock
Throw out perishable food that has been sitting at room temperature for more than two hours; one hour if it’s 90°F or warmer.

Serve at the right temperature
Keep hot foods at 140°F or warmer, and cold foods at 40°F or colder.

www.cdc.gov/foodsafety
tweak the sweets

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<td>Unbuttered Applesauce</td>
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<td>Use recipes with pureed fruits instead of butter or oil</td>
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Two-Bean Chili

Recipe Courtesy: https://www.myplate.gov/recipes/myplate-cnpp/two-bean-chili

Servings: 4  
Serving Size: 1 cup

Nutrition Information: Total Calories 275, Total Fat 9g, Saturated Fat 4g, Cholesterol 39mg, Sodium 284mg, Carbohydrates 32g, Dietary Fiber 8g, Total Sugars 12g, Protein 18g, Calcium 64mg, Iron 4mg, Potassium 860mg

Ingredients:
1/2 pound ground beef
1/2 can (about 8 ounces) low-sodium kidney beans, drained
1/2 can (about 8 ounces) low–sodium vegetarian beans
1/2 cup onion, diced
1 teaspoon chili powder
2 1/2 cups low–sodium tomato juice
1/4 teaspoon pepper

Directions:
1. In a medium-size pot, brown ground beef over medium to high heat for 8 to 10 minutes. Drain fat.
2. Add kidney beans, vegetarian beans, onion, chili powder, tomato juice, and pepper.
3. Cook over low heat for about 40 minutes. Serve hot.