

# Community Health Newsletter

Week 17



## Q: Quality Health Care



Getting quality health care can make the difference in staying healthy and recovering faster.

It is up to you to make certain your family receives the best quality care possible.

According to the U. S. Department of Health & Human Services' Agency for Healthcare

Research and Quality, the most important thing you can do to ensure that you get quality health care is to take an active role in making health care decisions.

- Ask questions, and work with your health care team to make decisions.
- Ask about the scientific evidence regarding your condition.
- Do your homework. Find and use quality information from reliable sources.

Try Mayo Clinic Health Manager, [www.healthmanager.mayoclinic.com](http://www.healthmanager.mayoclinic.com)  
Organize your health information to communicate better with your doctors.

## Food of the Week: Quinoa (pronounced keen-wa)

While considered a grain, quinoa is an annual herb that produces small seeds. Quinoa is in the sugar beet, Swiss chard, and spinach family. It originated in the high elevations of the Peruvian Andes.

Because of its protein quality and essential amino acids, quinoa is an unique plant that is gluten-free and highly digestible. It is also a good source of dietary fiber, phosphorus, magnesium, and iron.

Quinoa tastes like a cross between brown rice and oatmeal, but quinoa seeds have a coating that needs to be removed (rinsed) before cooking. The coating makes quinoa taste bitter.

### ACTIVITY TIP

***Did you know that physical activity is good for your mental health?***

Exercise releases chemicals in your brain that make you feel good. Regular exercise may boost your self-esteem, help you concentrate, sleep, reduce stress, frustration, and anger. In general, you will feel better.

Find a quiet half hour for a brisk walk. Clear your head as you build your fitness level.

## Recipe: Confetti Quinoa

1 ½ cups low-sodium vegetable stock or water  
1 cup quinoa, thoroughly rinsed and drained  
½ teaspoon of salt  
½ teaspoon black pepper  
1 cup frozen chopped, mixed vegetables (peas, carrots, green beans, corn, etc)

Pour vegetable stock or water into a medium saucepan and bring it to a boil over medium-high heat. Stir in quinoa, salt, and pepper.

To learn more on quality health care, go to [www.ahrq.gov/consumer/qualcare.html](http://www.ahrq.gov/consumer/qualcare.html)  
Try this informational health coaching service: [www.healthcoach4me.com](http://www.healthcoach4me.com)  
Track your medical care with [www.healthmanager.mayoclinic.com](http://www.healthmanager.mayoclinic.com)

## Confetti Quinoa (continued)

Switch heat to low and cover the pan with the lid.

Cook until the liquid is evaporated and quinoa is tender, about 15 minutes; then remove the lid and stir in the vegetables. Place the lid back on the saucepan so that the heat from the quinoa cooks the vegetables.

Serve immediately. Serves four. (This can be stored in an airtight container for up to five days.)

Source: [www.kidshealth.org](http://www.kidshealth.org)

White rice is just the endosperm. Whole grains contain the endosperm, germ, and bran.

## *whole rice grain*

