



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

A non-profit community health center established in 1971 to ensure that Asian Americans in New York City have access to quality health care.



## Healthy Habits For Healthy Kids

Dr. Eda Chao, Pediatrician



Starting in the New Year, it is a great time to start healthy habits for you and your family! There are simple ways to encourage your children to eat better and be more active. For a start, try this **5-2-1-0** guide to living healthier.

### Eat 5 servings of fruits and veggies every day

- Fruits and veggies have a ton of valuable nutrients that help your child to grow
- 5 servings is 2 ½ cups (1 cup is the size of your fist)
- Try adding chopped vegetables to your meals when you cook
- Serve your child fruits and vegetables as a snack or for dessert

### Limit screen time to 2 hours or less a day

- Children who spend too much time in front of a screen are more likely to be overweight, tend to have lower reading scores and more attention problems
- Remove the TV or computer from the bedroom
- Don't allow your child to eat in front of the screen, since this makes it easy to over-eat
- Plan fun activities with your child such as a visit to the grocery store, park or playing games

### Do 1 hour or more of physical activity

- Being physically active helps your child burn calories, sleep better and perform better in school
- Plan outdoor activities such as walking, biking, or swimming at a local pool
- Let your child choose an activity that he or she enjoys, like basketball, skateboarding or dancing

### Drink 0 sugary drinks

- The sugar in sweet drinks, such as soda, bubble tea and sport drinks can cause tooth decay, obesity and diabetes
- Replace sugary drinks in your home with water and low-fat milk

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Internal Medicine (212) 379-6998  
Women's Health (212) 966-0228

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New York, NY 10013  
Pediatrics & Adolescent Health (212) 226-3888  
Teen Resource Center (TRC) (212) 226-2044  
Dental (212) 226-9339

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OB/GYN (718) 886-1287  
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Join us! Your generosity can help us provide quality health services to our community. To support us, send a check to Chinatown Health Clinic Foundation, 268 Canal Street, New York, NY 10013 or visit [www.chinatownhealth.org](http://www.chinatownhealth.org). Donations are deductible to the extent allowed by law.

{ STAY HEALTHY.  
GET A CHECK UP.  
MAKE AN  
APPOINTMENT! }



Eda Chao, MD is a pediatrician at the Health Center. She graduated from the University of California, San Diego School of Medicine and completed residency training at Columbia Presbyterian Medical Center. She is board certified by the American Board of Pediatrics.



## Ingredients

½ Chinese cabbage (pek chye) chopped  
 3 stalks choy sum, chopped  
 1 large carrot, sliced  
 10 baby corns, sliced in two  
 2 Ch sp (Chinese spoon) snow peas or green peas  
 1 egg  
 chicken stock  
 2 tsp cornflour, dissolved in a little water  
 salt and pepper to taste

## Vitamin Soup

*This recipe is taken from Feed Your Child Right, The First Complete Guide for Asian Parents. Vitamin soup is packed with nutrients and perfect for the winter.*

1. Boil the vegetables in the stock, allowing more time for the carrots and baby corn.
2. Next, add the choy stalks and snow peas, and finally the choy sum leaves and the cabbage.
3. When cooked, break in the egg and stir briefly just before serving.
4. Thicken with the cornflour if desired, simmer for another 2 minutes.
5. Almost any combination of vegetables can be cooked in a simple soup of this sort.
6. Chop the leafy greens shortly before adding to the soup and do not overcook to retain maximum vitamin C content.

## Nutritional Analysis

Energy	: 62 kcals
Protein	: 4 g
Fat	: 2 g
Cholesterol	: 56 mg
Iron	: *
Vitamin A	: ***



## Healthy Snacking

Eating healthy snacks is a great way to get your daily nutrients and benefit your health. It helps children grow and be more active. It helps the elderly who are too thin to gain weight. Snacking between meals may prevent you from overeating at meals. Here are some smart snacking tips:

**Choose smart snacks.** Choose healthy snacks that have plenty of nutrients. Some great options are low-fat yogurt and fruit, nuts and raisins or dried cranberries, or whole grain crackers with peanut butter.

**Snack in moderation.** Portion size and snack times should not be in excess. You should satisfy your hunger and get most of your nutrients from your main meals. To help control portion size, put a small amount of your snack in a bowl or plate instead of eating it directly from the package.

**Read food labels when buying snacks.** Buy snacks that have no trans-fat, are low in salt, sugar and saturated fats, and high in fiber. Snacks that have less than 100 calories per package are a good choice to limit weight gain.

**Choose healthier beverages between meals.** Avoid sweetened beverages—such as soda, lemon tea, bubble tea and sport drinks—that have empty calories and too much sugar. Sugary drinks lead to weight gain. Try plain tea or coffee, or with low fat milk and sugar substitutes, and other beverages without added sugar. Water is always the best choice.

**Be aware of your snacking.** Snacking while you are doing something else—such as watching TV—can lead to overeating. Focus on your food when you eat. Snack for nutrition, not because you are bored or stressed.

## Eating for Two

### *Tips for healthy eating during pregnancy*

If you are eating for two, make sure that both you and your baby are getting the best nutrition. Now more than ever is the time to eat well-balanced meals. Here are foods that are good for both mother and baby:

**Vegetables** – carrots, sweet potatoes, bok choy, spinach, winter squash, tomatoes and red peppers

**Fruits** – cantaloupe, honeydew melon, mangoes, prunes, bananas, apples, oranges and grapefruit

**Proteins** – tofu, beans, peas, nuts, pork, lean beef, shrimp, clams, crab, salmon and catfish. All meats should be cooked well.

**Vitamins and Minerals** – folic acid, iron, calcium, vitamin A, vitamin D and vitamin B12. Of course, take your prenatal vitamin every day to make sure you are getting enough vitamins.

**Water** – It is so important to stay hydrated during your pregnancy. You can avoid early labor, and have more elastic skin. Drinking water can also help decrease annoying pregnancy symptoms such as constipation and swelling. Extra fluids help rid your body of toxins and waste products, and reduce the risk of urinary tract infections. Try drinking at least 6 to 8 cups of water a day.

Do not forget the importance of being physically active. Exercise has many benefits—feeling well, having good health, and having a strong body to have a healthy delivery.

Pregnant women who exercise regularly also tend to enjoy their pregnancy more. Before you start any form of physical activity, see your doctor or midwife to see what is safe and right for you.



**Mabel Gong, MD**  
is a OB/GYN at the Health Center. She completed medical school at SUNY at Buffalo, School of Medicine & Biochemical Sciences and her residency training at New York Downtown Hospital. She is board certified by the American Board of Obstetrics & Gynecology.



## What Do You Know About Hepatitis B?

### **Hepatitis B is the number 1 cause of liver cancer.**

The hepatitis B virus attacks the liver. It is the number one cause of liver cancer in Asian Americans. It is the leading cause of liver cancer, liver infections and liver transplants in the United States. One in 10 Asians has Hepatitis B. Hepatitis B is very common in people from Asian descent. It is most commonly passed from mother to child in Asian Americans. There are not many symptoms—so many people who have hepatitis B do not know they are infected. That is why it is so important to get tested.

### **Hepatitis B is very contagious.**

In fact, hepatitis B is up to 100 times easier to spread than HIV. You can spread hepatitis B through blood and infected bodily fluids such as semen and vaginal fluid. You can protect yourself by not sharing sharp hygienic tools such as razors and toothbrushes, practicing protected sex, and being cautious of unclean needles. However, you cannot get it by sharing food, dishes, towels or chopsticks.

### **Hepatitis B is preventable and getting tested is easy!**

A simple blood test can tell you if you are infected with hepatitis B. The Charles B. Wang Community Health Center provides free or low cost hepatitis B screenings and immunizations. Early detection and medical care can prevent or delay liver disease and liver cancer.

### **Our Hepatitis B program**

If you have tested positive for hepatitis B, we have services here available to you. We offer comprehensive, high quality and affordable care for those without health insurance. Our services include monitoring and treatment, lab tests, enrollment in low-cost medication benefits if you qualify, care management and social work services if needed.

If you do not have health insurance or are unable to pay for screening, please call the Health Center at (212) 379-6998 (Chinatown, Manhattan) and (718) 886-1212 (Flushing, Queens) for FREE testing and to learn more about our hepatitis B program. Call and make an appointment today.

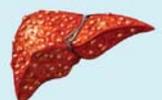
**Hepatitis B** is a serious liver infection caused by the hepatitis B virus. If not cared for or treated, over time hepatitis B can lead to cirrhosis (liver scarring), liver damage and liver cancer.



Normal Liver



Liver Cancer



Cirrhosis