

Wellness Buddy News



January–Thyroid Awareness

Special points of interest:

- The thyroid regulates metabolism.
- The two main thyroid hormones are T3 and T4.
- Thyroid disorders are common, and include goiters, hyperthyroidism, and hypothyroidism.

From the Greek work meaning *shield*, the thyroid is a butterfly-shaped gland located in front of the windpipe (called the trachea) and just below the larynx or Adam’s apple in the neck. It consists of two halves, known as lobes, which are attached by a band of thyroid tissue.

The thyroid is a part of the endocrine system. It’s main role is to regulate metabolism, which is the body’s ability to break down food and convert it to energy.

The thyroid keeps metabolism under control through the action of thyroid hormone, which it makes by uniquely absorbing and using iodine from the blood and incorporat-

ing it into thyroid hormones.

All cells depend on the thyroid to manage its metabolism.

The two main hormones

duces approximately 93% T₄ and about 7% T₃, though T₃ is the stronger of the pair.

Calcitonin, which helps control blood calcium levels, is also produced by the thyroid to a lesser extent.

Goiters, hyperthyroidism, hypothyroidism, solitary thyroid nodules, thyroid cancer, and thyroiditis are some of the diseases and disorders associated with the thyroid.

They can develop at any age and can result from a variety of causes — but in most cases can be traced to: too much or too little thyroid hormone, abnormal thyroid growth, nodules or lumps within the thyroid, thyroid cancer.



Palpation of the thyroid gland.

the thyroid produces and releases are T₃ (triiodothyronine) and T₄ (thyroxine). A normally functioning thyroid pro-

Thyroid Disease and Pregnancy

Thyroid disease is the second most common endocrine disorder affecting women of childbearing age. During pregnancy, if pre-existing hyperthyroidism (over activity of the gland) or hypothyroidism (abnormally low activity of the gland) may require more medical attention to achieve control, especially during the first 3 months.

Untreated thyroid diseases in pregnancy may lead to premature birth, preeclampsia (a severe increase in blood pressure), miscarriage, and low birth weight.

It is important to talk with a health care provider if there is any history of hypothyroidism or hyperthyroidism so monitoring

before and during pregnancy can occur and treatment can be adjusted if warranted.

Florida HEALTH Healthiest Weight

tools: my healthy weight

set goals

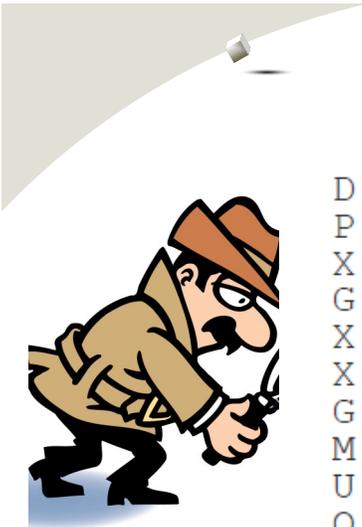
my Florida plate

eat your colors

small steps big rewards

move more, sit less

HealthiestWeightFL.com



Find the words listed in the column on the right. Answers are listed below.

Thyroid Gland and Diseases Word Find Puzzle

D N T V B Y Y I Q H T M Q N A
 P E E H S E L U D O N E I C J
 X S P C Y P Y S B N K N W H X
 G N T A K R T N P G O M V M C
 X J Y L H N O D R T A E I S B
 X N O R G S H X I U T T S I V
 G V Z S A O Y C I X G S U L C
 M V R C R L L L V N Y Y C O T
 U C H M W A J B F P E S O B H
 O U O T C K K M C R C D T A Y
 E N D O C R I N E B E J M T R
 E G L A N D V T V D Z T I E O
 S N T C F X I O K Q X F T M I
 C F B X K O E Y H L V V L U D
 W F D K G S W U P Q P A W H B

BUTTERFLY-SHAPED
 CALCITONIN
 ENDOCRINE
 GLAND
 GOITER
 HORMONE
 LARYNX
 METABOLISM
 NECK
 NODULES
 SYSTEM
 THYROID
 THYROXINE

“To provide a margin of safety, the Recommended Dietary Allowance for Iodine is set at 150 micrograms per day for both men and women.”

Iodine: Essential to Thyroid Function

Iodine is an essential element to both triiodothyronine (T₃) and thyroxine (T₄).

Few foods are rich in iodine; it is found mainly in milk, seafood, and some grain products.

For many people, iodized salt is used in cooking and at the table is their primary source of iodine. In the United States, iodized salt contains an average of 76 micrograms of iodine per gram of salt.

One-quarter (¼) teaspoon of iodized salt contains approximately 71 micrograms (mcg) of iodine and 575 milligrams (mg) of sodium.

A significant portion of the salt intake in the United States comes from processed foods. Non-iodized salt is used by the majority of food manufacturers. If they do use iodized salt they must list the salt as iodized in the ingredient list on the food label.



WHO has been at the forefront of a worldwide public health drive to eliminate iodine deficiency by encouraging salt iodization.

Healthy Foods Question (?????)

Sulforaphane, a compound thought to protect *against* cancer, is found in (a) broccoli, (b) cabbage, (c) tea, or (d) kale?

Healthy Foods Question (?????) Answer
 (a, b and d) It is found primarily in members of the Brassica family, also known as cruciferous vegetables, such as broccoli, cabbage, kale, and cauliflower. These and other vegetables contain other protective elements, some of which may not have been identified yet.



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“the healthy choice the easy choice.”

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Department of Health Mission, Vision and Values

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county, & community efforts.

Vision:

To be the Healthiest State in the Nation

Values:

Innovation: We search for creative solutions and manage resources wisely.

Collaboration: We use teamwork to achieve common goals & solve problems.

Accountability: We perform with integrity & respect.

Responsiveness: We achieve our mission by serving our customers & engaging our partners.

Excellence: we promote quality outcomes through learning & continuous performance improvement.

CRISPY OVEN “FRIED” CHICKEN

Recipe Created by Liz Weizz, MS, RD



INGREDIENTS:

- Four 4-ounce boneless, skinless chicken breast halves
- 3 tablespoons all-purpose flour
- 1 tablespoon ground flaxseed
- 1 teaspoon low-sodium Old Bay Seasoning
- ¼ cup 1% low-fat milk
- 2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 3 cups generous cups cornflakes, crushed

DIRECTIONS:

1. Preheat the oven to 400°F. Spray a cooling rack generously with nonstick cooking spray. Line a rimmed baking sheet or roasting pan with aluminum foil and place the cooling rack on top.
2. Pat the chicken dry with paper towels. Season generously with kosher salt and pepper and set aside. Prepare the breading by placing the flour, flaxseed, and Old Bay in a wide bowl or on a plate, and mix together with a fork.
3. Place themilk, lemon juice, and mustard in a second wide bowl and whisk together until well combined. Place the cornflakes in a third wider bowl or plate.

4. Dredge each chicken piece in the flour mixture until well coated; tap off the excess flour. Coat each floured chicken piece in the milk mixture and then roll in the cornflake crumbs until very well coated.
5. Arrange the chicken pieces on the rack and place in the oven. Cook for 10 minutes, lower the heat to 350°F and cook for another 10 to 15 minutes, until the chicken is cooked through and the coating is crispy.

Nutrition Information per Serving (1 piece):

230 calories, 3.9g fat (1g saturated), 340mg sodium, 24g carbohydrate, 1g fiber, 10% vitamin C, 40% iron