

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

April 2022

NATIONAL NUTRITION MONTH

Make every bite count with the Dietary Guidelines for Americans:

1. Follow a healthy dietary pattern at every life stage to meet nutrient needs, help achieve a healthy body weight, and reduce the risk of chronic disease.
2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.
3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits:
 - **Vegetables** of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables
 - **Fruits**, especially whole fruit
 - **Grains**, at least half of which are whole grain
 - **Dairy**, including fat-free or low-fat milk, yogurt, and cheese, and/or lactose-free versions and fortified soy beverages and yogurt as alternatives
 - **Protein** foods, including lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
 - **Oils**, including vegetable oils and oils in food, such as seafood and nut
4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages



eat right.

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PEQUOT
HEALTH CARE

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Mashantucket Pequot
Tribal Nation

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.



COOK & PREP

INCORPORATE YOUR
FAVORITE CULTURAL
FOODS AND
TRADITIONS.



VISIT AN RDN

SEE A REGISTERED
DIETITIAN
NUTRITIONIST.



MEAL PLANNING

MAKE HEALTHFUL
CHOICES WHEN AT
HOME AND AWAY.



VARY YOUR DIET

TRY NEW FLAVORS
FROM AROUND THE
WORLD.

Healthy eating is important at every stage of life.



The benefits add up over time, bite by bite.

Source: https://www.dietaryguidelines.gov/sites/default/files/2021-03/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf, <https://www.dietaryguidelines.gov/>

At Pequot Health Care, we are dedicated to maintaining your good health!