

From: [Turner, Vicki](#)
To: [Antila, Mackenzie](#)
Subject: Hot News: Features from this week: Food Safety, Healthy Eating, Toxic Substances and more
Date: Wednesday, March 22, 2017 4:51:09 PM

From: Centers for Disease Control and Prevention (CDC) [mailto:cdc@service.govdelivery.com]
Sent: Friday, March 17, 2017 12:08 PM
To: Turner, Vicki
Subject: Features from this week: Food Safety, Healthy Eating, Toxic Substances and more

CDC In Review

www.cdc.gov/features

Saving Lives. Protecting People.™

March 17, 2017



Hot Topics from CDC this week:



Blood Clots

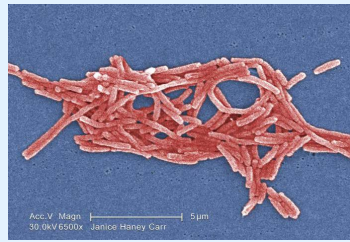


Image of the Week



Food Safety

Features This Week:



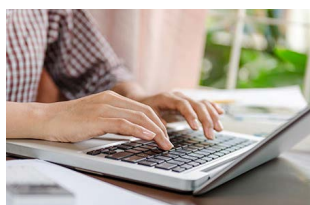
Watch Out for Salt

A little bit of salt (sodium) is important for health, but too much can raise blood pressure levels. This puts you at risk for heart attack and stroke. The *2015-2020 Dietary Guidelines for Americans* say a safe amount for most people is less than 2,300 milligrams of sodium a day, but 9 in 10 Americans get much more than that.



Healthy Eating Tips

It can sometimes feel as if we're bombarded with information about the latest eating trend or buzzworthy ingredient. But good nutrition is really about having a well-rounded diet, and it's easier to do than you may think. In fact, living a nutritious lifestyle can be easy and fun.



Toxic Substances Portal

ATSDR's Toxic Substances Web Portal makes it easy for researchers and individuals to find information about toxic chemicals, understand how these chemicals can affect health, and learn how to prevent exposure.



Bleeding Disorders

Leadership from the Centers for Disease Control and Prevention's National Center on Birth Defects and Developmental Disabilities and the Division of Blood Disorders donned red ties in a show of support for the second annual Bleeding Disorders Awareness Month.



Cerebral Palsy

Cerebral palsy (CP) is the most common motor disability in childhood, and children with CP and their families need support. Learn more about CP and what signs to look for in young children.



10 Ways to Avoid Infections

People receiving medical care sometimes develop infections so serious they may lead to sepsis or death. It can happen in any medical facility such as a hospital, outpatient clinic, dialysis center, or long-term care facility.



Hib Disease & Vaccination

Make sure your child gets all doses of *Haemophilus influenzae* type b (Hib) vaccine for the best protection against Hib disease. Hib bacteria can cause serious diseases like meningitis (an infection of the fluid and lining around the brain and spinal cord).

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