



HEALTHY AT 80

www.communityhealthdayton.org

October 2015

Eat Well!

Eating well is one of life's greatest pleasures, and enjoying delicious, nourishing food helps you and your family live healthier lives, feeling better every day!

- **Eating well means more than eating healthy.** Eating well means savoring food that is delicious, nutritious and simple to prepare.
- **The holiday season is all about family, fun and food! So treat yourself right!** The best way to enjoy an occasional sweet without losing control is by sampling a selection or two, rather than having full servings. Find a friend or family member who will stick to the sampling rule with you. By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!
- Eating healthy on a budget can seem difficult, but it can be done! **Many fruits, vegetables and legumes (beans and peas) cost less than \$1 per serving!**
- **Eat the rainbow!** A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to eat as many different colors as you can each day.

Healthy eating can be joyful and delicious—see inside for easy tips and delicious recipes!

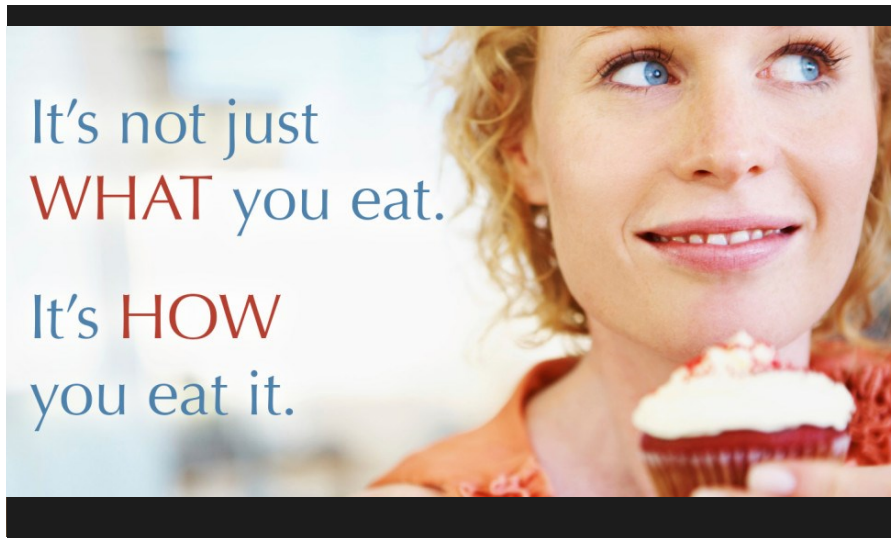
Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website: www.communityhealthdayton.org/healthyat80



Community Health Centers of Greater Dayton—Your Medical Home

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Eat Well, Eat Mindfully

It's the holidays, & for most Americans, that means eating – lots of eating – followed by weight gain & a New Year's resolution to lose weight. Why not take a healthier approach to what we eat during this holiday season & beyond? You can even still enjoy your favorite treats—it's all about being mindful of what you eat.

- ⇒ **MindFULL, not MindLESS:** Mindless eating is consuming food just because it's there. It's eating while distracted – watching TV, texting, or on our smartphones. It's eating for emotional comfort instead of for hunger. Simply put, it's not paying attention to what we eat, which can lead to being overweight & even obesity. The key to mindful eating is awareness of what you're eating & why.
- ⇒ **Eat when you're hungry.** Just because the clock says noon doesn't mean you have to eat. If you're not hungry, wait until you are – just don't wait until you're famished because you might overeat.
- ⇒ **Slow down.** Enjoy each bite and put your fork down while chewing, then take a drink between each bite. This gives your body enough time to trigger your brain that you are satisfied.
- ⇒ **Keep a food diary.** Write down everything you eat, look at it, then identify why you ate it – was it hunger, stress, boredom? Then look for areas you can make adjustments and incorporate healthy changes.

Rock Your Holiday Pictures!

Use these smart tips to enjoy your favorite winter treats. You'll stay healthy and look good in those family pictures!

- 1) **Cut the fluff.** Enjoy dessert, but pass on that big dollop of whipped cream to avoid the extra sugar and saturated fat.
- 2) **Skip the heavy stuff.** If you order hot chocolate or a latte, ask that it be made with low-fat, skim milk, or soymilk.
- 3) **Bake Smart.** Instead of butter or oil, substitute equal parts no sugar added applesauce. Instead of using only white flour, use half white and half whole-wheat flour.
- 4) **Keep moving!** Being active the entire year is important to maintaining a healthy weight. Shovel the snow, go sledding, take a walk, and visit the local community center for a game of indoor basketball with friends and family.

Smart Substitutions for Your Favorite Holiday Recipes

Bake Smart!

Instead of butter or oil, substitute equal parts no sugar added applesauce.

Instead of using only white flour, use half white and half whole-wheat flour.

Cook Smart!

Use Heart-Healthy olive oil instead of butter.

Use whole-grain breads and pastas instead of white.

Bake, grill, sauté, or steam instead of frying.

Instead of whole milk or heavy cream, substitute low-fat or fat-free/skim milk.



Nutrition Bites!



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Almost half of all American adults eat at least one sandwich on any given day! Turkey sandwiches are definitely a favorite in November! Here are some tips for building a better sandwich as we Eat Well and savor our sandwiches this month!

- ⇒ Compare the nutrition facts panels of similar types of breads, meat, cheese, and condiments and choose the products with the lowest amounts of sodium and saturated fat.
- ⇒ Bread: Look for thinner slices (they usually have fewer calories than thicker slices) or forgo the bread altogether in favor of a corn tortilla, rice cakes, or a lettuce wrap.
- ⇒ Cold Cuts: Use thinner slices, & replace some of the meat with veggies to add color & crunch. Try cucumber, tomato, red onion, lettuces, & bell pepper strips. Best of all, skip the deli meat & make a sandwich using leftover chicken, fish, or lean steak that you cooked yourself!

Delicious & Nutritious

A creative Italian recipe using a delicious, economical, and in-season vegetable that the whole family—even the kids—will think is fun to make and eat!

Spaghetti Squash Spaghetti

- 1 spaghetti squash (3 pounds)
 - Non-stick cooking spray & 1 tsp. extra virgin olive oil
 - 1 clove fresh garlic, minced (1 tsp)
 - 1/2 small onion, chopped
 - 8 oz. canned, no-salt-added, diced tomatoes
 - 1/4 tsp. black pepper
 - 1/4 tsp. dried, salt-free Italian herb seasoning
 - 1/8 tsp. crushed red pepper flakes
 - 16 oz. canned, no salt added tomato sauce
 - 1/2 cup grated part-skim mozzarella cheese
 - 1/4 cup chopped fresh basil OR 1 tsp. dried basil
- ⇒ Preheat oven to 350° F. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
- ⇒ Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
- ⇒ Let squash sit at room temperature until just cool enough to handle. Take a fork and scrape squash from outside working in, creating “spaghetti noodles.”
- ⇒ Add squash “noodles” to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve!

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Spaghetti-Squash-Spaghetti_UCM_465672_RecipeDetail.jsp

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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