



HEALTHY AT 80

www.communityhealthdayton.org

December 2017

DECK THE HALLS... AND DON'T DITCH YOUR DIET!

These easy tips will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well AND be well this holiday season.

Enjoy! Indulging a little won't hurt — so lighten up! No, we mean that literally. Enjoy all your favorite holiday treats, just in smaller portions.

Include lots of seasonal, colorful fruits and vegetables. Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

Slash unwanted calories with easy swaps and substitutions. Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them.

Seek Out: Fruits and vegetables • Whole grains • Beans and legumes • Nuts and seeds • Fish, skinless poultry, and plant-based alternatives • Fat-free and low-fat dairy products • Unsaturated fats

Limit: Sodium and salty or highly processed foods • Saturated fat • Sweets and added sugars, including sugar-sweetened beverages • Fatty or processed meats — if you choose to eat red meat, select the leanest cuts

<https://healthyforgood.heart.org/eat-smart/articles/holidays-healthy-eating-guide>

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

IN THIS ISSUE

- Deck the Halls... and don't Ditch your Diet!
- Know Your Numbers
- Active Traditions
- Healthy Baking Hacks
- Nutrition Bites! Making Traditions Healthy
- Nutritious & Delicious: Apple Bread Pudding



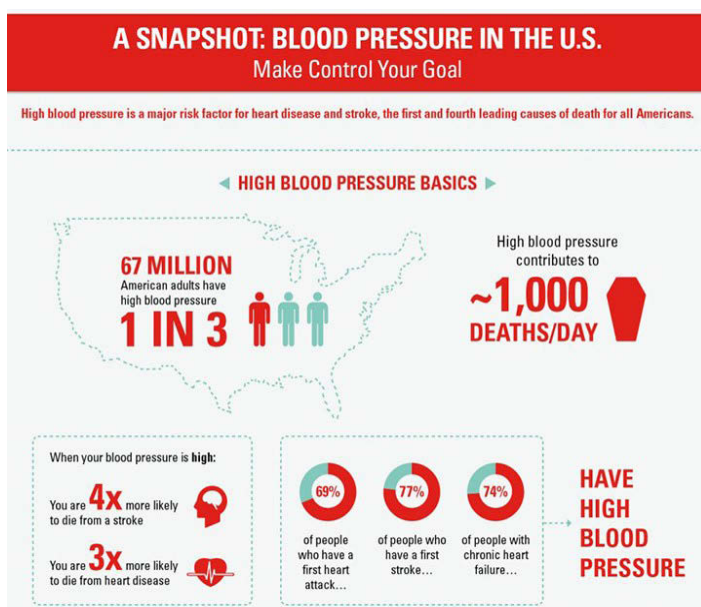
Community Health Centers of Greater Dayton—Your Medical Home

KNOW YOUR NUMBERS

People who have high blood pressure typically don't know it until their blood pressure is measured, so make sure to give your heart some love this holiday season and make sure you know your blood pressure numbers!

- ◇ High blood pressure usually causes no symptoms and often is labeled "the silent killer." People with markedly elevated blood pressure may develop complications because organs are stressed when they are exposed to the elevated pressures.
- ◇ Many symptoms present gradually after years of poor blood pressure control. Often, the first knowledge of hypertension occurs when someone experiences chest pain or has stroke-like symptoms.
- ◇ There are also non-specific symptoms associated with hypertension including lightheadedness, dizziness, headache with or without nausea, change in vision, or lethargy and fatigue. People often do not seek medical care until they have symptoms, but untreated high blood pressure can cause serious complications, such as:
 - ◇ Heart attack
 - ◇ Heart failure
 - ◇ Outpouchings of the aorta, called aneurysms
 - ◇ Stroke or transient ischemic attack (TIA, mini-stroke) caused by narrowed blood vessels or an aneurysm
 - ◇ Kidney failure
 - ◇ Eye damage with progressive vision loss
 - ◇ Peripheral arterial disease causing leg pain with walking

- ◇ Give your heart some love this season and talk to your health care provider about your blood pressure to make sure you know your numbers!



ACTIVE TRADITIONS

The holiday season is about spending time with family and friends. If your holiday traditions only revolve around eating, liven things up with some opportunities to be physically active together. Try these ideas:

- * **Play to win.** Start a new tradition of an annual family game of touch football, basketball, mini-golf or whatever your family's favorite sport is.
- * **Go sledding.** Running up a snowy hill, sliding down and repeating is a great way to get the whole family physically active.
- * **Ice skate.** Whether indoors or out, skating is a fun way to get everyone moving and laughing.
- * **Play in the snow.** Build a snowman or snow fort. Have family members team up for an epic snowball fight.
- * **Go for a walk or run.** Instead of heading for the couch after the big meal, bundle up and head outdoors for some fresh air. Walking is an activity the whole family can do together, even the dog!
- * **Visit the gym or community center.** This is also a great way to entertain out-of-town guests. Grab a basketball, some jump ropes or volleyball for some fun physical activity.

HEALTHY BAKING HACKS

Try these easy subs in your holiday baking for healthier treats!

Whole Wheat Flour

~ Instead of white, processed flour try to incorporate whole-wheat flour into your baking. Because whole grains, like whole-wheat products, contain the entire grain, they are more fibrous than their white counterparts—and more likely to keep you full throughout the day. But before you swap, be sure to check the recipe, as the ratio may need to be adjusted: Use 3/4 cup whole wheat flour for every 1 cup of white flour called for in the recipe.

Unsweetened Applesauce

~ In many baking recipes, you can reduce the amount of saturated fat by substituting butter for fiber-filled, unsweetened applesauce—or any fruit puree—and canola oil. Butter can be replaced with half canola oil and half fruit puree.

Egg Whites ~ When it comes to baking, egg whites can often replace the need for a whole egg. The ratio tends to be two egg whites to one egg.

<https://www.goredforwomen.org/live-healthy/heart>

NUTRITION BITES!

Making Traditions Healthy: Try some of these smart substitutions for your favorite holiday meals.

- ⇒ **Whole Wheat Bread & Pastas** ~ Whole-wheat options at the grocery store have become more readily available, so next time you're shopping be sure to explore your market's selection. Not sure your family will embrace whole-wheat pasta or flour? Mix it in with white to get them acclimated. Your family won't even notice.
- ⇒ **Greek Yogurt** ~ Delicious on its own, Greek yogurt can wear many hats. An easy, heart-healthy swap? Serve this naturally sour yogurt instead of sour cream. You'll need one small container of nonfat yogurt and a lemon. Squeeze the lemon into the yogurt, stir and serve. This is an easy way to sneak digestion-aiding probiotics into your meals. Just be sure the yogurt you choose is all-natural, plain Greek—flavored and fruit-filled yogurts are full of extra sugars your body doesn't need.
- ⇒ **Avocado** ~ This green fruit gets a bad rap from time to time, but is actually very good for you. Yes, it has a high fat content and yes, you should eat it in moderation (as you should most things), but avocados are full of the fats your heart needs to stay healthy. Try subbing the cheese or mayonnaise on your sandwich for a serving of avocado. You'll get the creamy goodness you're craving while your heart gets a healthy boost. Don't love avocado? Another great alternative is hummus.
- ⇒ **Ground Turkey or Chicken** ~ For chili, pasta sauce and burgers take a break from beef and try lean, ground turkey or chicken. Reducing your consumption of red meat is a serious step in reducing your chances of heart diseases (or a recurrence). If

you're worried your family will fret, try the whole-wheat pasta trick and work on mixing it in over time

Extra Virgin Olive Oil ~ This should be your main go-to fat for heart health. Extra-virgin olive oil is a tasty, heart-healthy substitution for butter. Olive oil taste and price can range drastically, so buy the highest quality you can afford. It must, however, wear the "extra-virgin" label, or it won't contain the antioxidants that come with the cold pressing. Aside from the stovetop, extra-virgin olive oil is also a great replacement for creamy salad dressings. For an easy weeknight dressing mix balsamic vinegar, olive oil, a squeeze of a lemon, and salt and pepper. (A good ratio for balsamic to oil is 3:1.)



Delicious & Nutritious

APPLE BREAD PUDDING

Treat yourself right. Try bite-sized or half portions of desserts, or split servings with others, or make a healthy treat like this cozy apple bread pudding!

- 1 cup fat-free milk
- 1 large egg
- 1 large egg white
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves or ground allspice
- 6 slices whole-grain, or multigrain bread
- 3 medium apples, cored and cut into 1/2-inch cubes
- ½ cup raisins, unsweetened dried cranberries, fresh or unsweetened dried blueberries, or chopped walnuts, pecans, or almonds (optional)



- ⇒ Preheat the oven to 350°F. Lightly spray a 9-inch square baking dish with cooking spray.
- ⇒ In a large bowl, whisk together the milk, egg, egg white, brown sugar blend, vanilla, cinnamon, and cloves.
- ⇒ Stir in the bread, apples, and raisins, cranberries, blueberries, or nuts.
- ⇒ Pour the mixture into the baking dish. Bake for 40 to 45 minutes, or until the bread cubes are golden brown.

<https://healthyforgood.heart.org/eat-smart/articles/holidays-healthy-eating-guide>

Community Health Centers of Greater Dayton

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

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

www.communityhealthdayton.org

NUTRITION FACTS	Per serving
Calories	132
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	32 mg
Sodium	154 mg
Carbohydrates	26 g
Dietary Fiber	5 g
Total Sugars	16 g
Protein	5 g
Dietary Exchanges: 1 starch, 1 fruit, ½ lean meat	

Community Health Centers of Greater Dayton—Your Medical Home