



# HEALTHY AT 80

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

April 2015

## Love Your Body... by fueling yourself with nutritious foods!

*Eating more nutritious foods that lead to a healthier life is a common goal for many families. But the question is, how do we turn that goal into action and start taking the necessary steps to eat better?*

**Increase Fruits and Vegetables:** It takes planning and trial and error to increase the fresh fruits and veggies your family eats, but you will see many benefits over time.

**Eat Real Food:** Over the past 30 years, the rates of childhood obesity have been increasing steadily. During these same 30 years, our country has seen a rise in the amount of calories we consume in the form of fast food, food from convenience stores, and the many other snacks we eat. It's more commonly called junk food. We have the opportunity to lower the amount of junk food our families are eating by increasing the amount of healthful, homemade meals and healthy snacks they consume.

**Drop Liquid Calories:** Today, we are drinking more sugary beverages than ever before. But the good news is that most of these sugary beverages are consumed at home, so we as parents, as caregivers, as big brothers and sisters, can have a direct impact on decreasing the amount of empty calories our families are consuming from these sweet drinks.

[https://www.healthiergeneration.org/live\\_healthier/eat\\_healthier/](https://www.healthiergeneration.org/live_healthier/eat_healthier/)



Community Health Centers of Greater Dayton—Your Medical Home

*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](http://www.communityhealthdayton.org/healthyat80)*

### In This Issue

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## Make Real Food Easy!

Healthy foods should be the easy snacking options around the house. We grab for chips or cookies because chips and cookies are there. If fruit is sitting in a bowl on the counter, we will grab for that instead. Set food goals for your family's snacks:

- \* Only nutritious snacks in the house
- \* Our house is a "no fry zone"
- \* No sugar-sweetened drinks in the house
- \* At least half our grain servings will be whole grains

Real foods should also be the easy meal options around the house. Make your trips to the grocery store last for the week. Plan out the meals you will eat every night so that the quick fast food stop is not even a temptation.

## Give Fruits and Vegetables a Try

*Here's the good news: adding more produce to your diet makes it likely that you'll be getting the key nutrients—like vitamins A and C, folate, magnesium, fiber and potassium—that guidelines say most Americans are lacking.*

### Prepare Fruits and Veggies the Way *You* Like Them

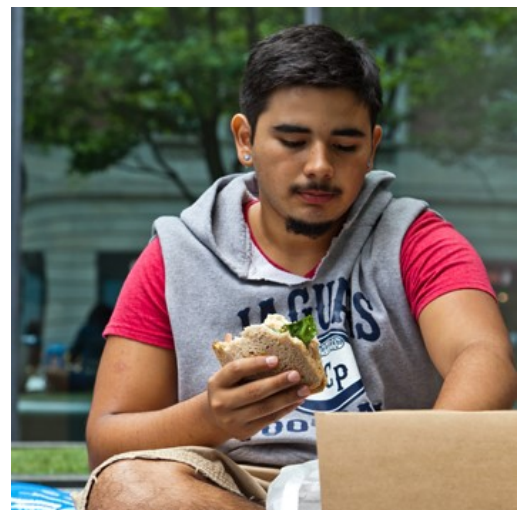
- ⇒ You might not like raw broccoli, but steamed broccoli you just might love. Don't give up on your produce if you don't like it the first time.
- ⇒ Ease healthy options into your old ways of eating. Add a fruit or veggie to your family's favorite dishes. It's not hard to incorporate peas, carrots or other vegetables to your favorite pasta sauces or casseroles. ***Eating healthier doesn't mean eating food you don't like, but rather finding and eating the healthy foods you do like.***

### Keep Healthy Options on the Table

- ⇒ Convenience often determines what we eat. During mealtime, dish out your meats and starches at the stove and bring the fruits and veggies with you to the table. Making healthy foods the only available options for seconds will cut down on portion sizes and increase consumption of much needed fruits and vegetables.

### Go Frozen or Canned

- ⇒ When fresh fruits or vegetables aren't available, look for frozen or canned fruits and veggies without added salt or sugar. Canned or frozen fruits and vegetables hold the same nutrient base as fresh produce and are reasonably priced.



[https://www.healthiergeneration.org/live\\_healthier/eat\\_healthier/increase\\_fruits\\_and\\_vegetables/](https://www.healthiergeneration.org/live_healthier/eat_healthier/increase_fruits_and_vegetables/)



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# A Day in the Life of the TLC Diet

## Breakfast

¾ cup cooked oatmeal with cinnamon, 2 tbs raisins, and 1 tbs honey

1 cup of fat free milk

1 small banana

Coffee

## Lunch

Sandwich made with 2 slices whole wheat bread, 2 oz deli turkey, 1 oz slice of swiss cheese, Tomato, and lettuce

1 pear

4-6 oz fat free yogurt

## Snack

1 cup of hot tea

1 oz trail mix of nuts, seeds, and raisins

1 cup blueberries

1 low fat string cheese

## Dinner

3 oz baked fish

1 cup brown rice

1 cup cooked broccoli and carrots

1 whole wheat dinner roll

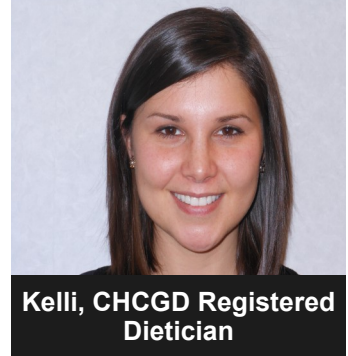
1 cup salad greens with 1/8 cup canned beans and 1 tbs vinaigrette dressing

## Dessert

½ cup non fat frozen yogurt topped with ¼ cup blueberries



## Nutrition Bites!



There are so many diets out there that many of us have tried a million times without success. *Out of all the diets that have been studied there is one that was deemed #1, yet many of us have never heard of it! It is called the TLC Diet, or Therapeutic Lifestyle Changes Diet.* This plan combines a heart healthy mixture of recommendations that can be incorporated into anyone's lifestyle! Here are the core concepts of the TLC Diet:

- ⇒ Limit saturated and trans fats
- ⇒ Limit the amount of cholesterol you eat to 200 mg per day
- ⇒ Eat more omega 3 fats
- ⇒ Limit the total amount of fat that you eat to 25-35% of your caloric intake. If you should eat 2,000 calories daily your fat intake can be between 50-75 grams per day
- ⇒ Get 20-30 grams of fiber per day
- ⇒ Plan to eat more plant based meals using beans and soy foods for protein

# Delicious & Nutritious

*Finding things to snack on during the day can be a challenge. Putting together your own trail mix not only saves you money, but also allows you to incorporate much more nutrient dense options. This recipe is an easy mixture of nuts, dried fruit, cereal, and chocolate. The key is to make the nuts/cereal/dried fruit portion larger than the chocolate portion, and to choose a healthier chocolate option such as dark chocolate chips, made from at least 60% cacao.*

## **Trail Mix**

- Unsalted roasted peanuts
  - Unsalted roasted almonds
  - Original cheerios or other non-sugary cereal
  - Raisins
  - Dark chocolate chips
- ⇒ Toss together this mixture in an air tight jar or bag. Remember to make the nuts/cereal/dried fruit portion larger than the chocolate portion.
- ⇒ Keep your serving to no more than 1/3 cup. You can use snack-sized zip-top bags to make individual portions, and take this to work, keep it in your purse, or in your car for an easy and delicious snack on the run!



## 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

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