



HEALTHY AT 80

GRINCH-FREE HOLIDAYS

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands. If the Stress Grinch has stolen your healthy holiday, check out these tips to reduce holiday-season stress.

- 1) **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- 2) **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
- 3) **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- 4) **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress, too.
- 5) **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these ideas, as well: Donate to a charity in someone's name, give homemade gifts, or start a family gift exchange.

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>



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

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3 Tips for Healthy Holidays!

1. Eat

As many colorful fruits and veggies as you can! Go ahead: stuff yourself silly with delicious winter squash, citrus fruits, etc.!

2. Drink

As much water as you can, plus winter teas (ginger and lemon – YUM!), cranberry smoothies, and other fresh concoctions.

3. Be Merry!

At the end of the holidays, what you'll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!



HEALTHY HOLIDAY TIPS

Follow these tips to enjoy holiday indulgences without sacrificing your health goals.

- ◇ **Relax. You won't gain 10 pounds.** It's a misconception that you'll need to go up a pant size in January. The average person gains only about a pound during the weeks between Thanksgiving and New Year's. That's no excuse to eat with abandon, though. (After all, gaining one pound every year can add up in the long run.) But people who have an attitude of forgiveness and self-compassion after one high-calorie setback are less likely to give up and keep bingeing. So if you lose control with a dish of chocolate truffles, don't think, I've blown it. Might as well move on to the eggnog. Just forgive yourself for the truffles.
- ◇ **Don't skip meals.** It seems logical: Forgo lunch; leave more room for pigs in blankets at the office party later. But arriving starved may result in overeating, and drinking on an empty stomach will give you a quicker buzz, which is more likely to lead to mindless munching. Eat normally during the day, and be strategic at the buffet. Don't bother with things you don't absolutely love. Splurge on something special (hint: It's not those cubes of Cheddar), then stop.
- ◇ **Count your bites.** A lot of appetizers are about 60 calories a bite, so just five bites is around 300 calories—about half of what you might eat for dinner. Keep a mental tab—or fill a small plate, once—so you don't go overboard.
- ◇ **Weigh yourself every day.** The point isn't to get obsessive & berate yourself over every ounce gained; it's to prevent yourself from completely letting go of good habits, because forgetting the rhythm of healthy behaviors that you've built up is the real danger. You don't want to have to start from scratch on January 1.

<http://www.realsimple.com/health/preventative-health/holiday-health-tips/holiday-party-rules-0>

PRACTICE MODERATION (HERE'S WHY)

Drinking too much may not just mean a terrible hangover. Around this time of year, doctors report seeing a spike in erratic heartbeats—dubbed “holiday heart syndrome.” Alcohol may be toxic to enough cardiac cells that it disrupts the coordination required to maintain a normal heart rate

Keep it on the rocks.

Melting ice dilutes a cocktail and creates more liquid. So order your drink on the rocks to try to avoid a quick buzz and to sip longer before a refill. Use soda water as a mixer for liquor (a cocktail with liquor and club soda is only about 100 calories), and don't be ashamed to add ice cubes to bubbly.

Put a cork in it early.

Alcohol may help you to conk out quickly; the problem comes when it starts to wear off. The period in which your body is metabolizing the alcohol is when sleep is disrupted. You may wake up frequently in the middle of the night (even if you don't remember doing so) and miss out on restorative rest. The best strategy is to allow time for the alcohol levels in your body to drop before going to sleep; at the very least, retire your glass several hours before bedtime.

<http://www.realsimple.com/health/preventative-health/holiday-health-tips/holiday-party-rules-1>



THE SALTY SIX

The Salty Six infographic shows the top six sodium sources in the U.S. diet. These include:

1. breads and rolls
2. cold cuts & cured meats
3. pizza
4. soup
5. sandwiches
6. poultry

Surprised? Some of these don't even taste salty!

Overall, more than 75% of the sodium we eat comes from processed, prepackaged, & restaurant foods. This makes it hard to choose foods with less sodium and to limit sodium because it's already added to food before we buy it. The rest of the sodium in our diets occurs naturally in food (about 12 percent) or is added by us when we're cooking food or sitting down to eat. The latter only makes up only about 10 percent of our total sodium intake, so even if you never use the salt shaker, you're probably getting too much sodium. Compare labels and choose the product with the lowest amount of sodium you can find in your store.



NUTRITION BITES!

Salt vs. Sodium: What's the Difference? Salt and sodium are often used interchangeably, but they're not exactly the same thing. Sodium is a mineral that occurs naturally in foods or is added during manufacturing or both. Table salt is a combination of sodium and chloride. By weight, salt is about 40 percent sodium and 60 percent chloride, and is the ingredient responsible for a large portion of our sodium intake.

Naturally occurring sodium is in foods such as celery, beets and milk. Packaged and prepared foods, like canned soups, lunch meats and frozen dinners, often have sodium added during manufacturing. This sodium might be in the form of salt or other forms of sodium (like baking soda) that show up in our food.

Foodies and chefs may prefer kosher or sea salts for their taste, texture or color. But table salt, kosher salt and most sea salts all contain about 40 percent sodium by weight. Even though sea salt may have some trace levels of minerals like magnesium, potassium and calcium, the amounts are tiny and you can get them from other healthy foods. Some varieties of sea salt may claim to have less sodium than table salt. You can check the Nutrition Facts label to compare how a given sea salt compares to table salt, which has about 575 mg sodium per 1/4 teaspoon.

https://sodiumbreakup.heart.org/sources_of_sodium?utm_source=SRI&utm_medium=E-news&utm_term=November&utm_content=HLNews&utm_campaign=SodiumBreakup

Delicious & Nutritious

Our slimmed down version of this classic offers the creamy mushroom flavor, the sweet tang of onions, and the crunch you expect from Green Bean Casserole, with 60 percent less calories and 80 percent less fat.

GREEN BEAN CASSEROLE

3 to 4 medium shallots, in their skins
1 pound fresh green beans, stemmed, and halved crosswise
1 tablespoon extra-virgin olive oil
8 ounces cremini mushrooms, sliced
2 tablespoons unsalted butter
3 tablespoons all-purpose flour
1 1/2 cups mushroom, vegetable, or chicken broth
3 teaspoons fresh thyme leaves
1 cup fresh bread crumbs



- ⇒ Preheat the oven to 400 degrees F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside. Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl. In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.
- ⇒ Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly. Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

<http://www.foodnetwork.com/recipes/food-network-kitchens/green-bean-casserole-slimmed-recipe.print.html?oc=linkback>

Community Health Centers of Greater Dayton

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