



HEALTHY AT 80

www.communityhealthdayton.org

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SMART SNACKS!

Over the last 30 years, Americans have gone from 3.8 meals and snacks per day to an average of 4.9, making healthy snacks more important than ever. These tips turn snacking into a great opportunity to add more nutrition to your diet!

⇒ **If you're craving salt, try...**

- ⇒ **Popcorn.** Unpopped popcorn kernels are a much better value than microwave popcorn! All you need is a heavy pot and a tiny bit of oil to make a healthy snack.
- ⇒ **Chickpeas.** Take a can of chickpeas, drain and rinse, and give them a spritz of oil and your seasoning of choice (such as Italian or curry), then bake at 400 degrees for 30-40 minutes. They're delicious, cost less than a bag of chips, and are also high in both protein and fiber, which will help keep you feeling full. You could also turn this into a sweet snack by drizzling on a bit of honey or maple syrup and cinnamon.
- ⇒ **Kale chips.** Just rinse some kale leaves, lay them out on a baking sheet, and give them a light spray of oil. Then bake them in a 350 oven for seven to eight minutes. You can also make these types of chips with other veggies, like zucchini!
- ⇒ **Edamame.** Boil up some bagged high-protein frozen beans, drain & sprinkle on Parmesan for an Asian-Italian snack twist!

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

➡ See inside for ideas for healthy sweet snacks! ➡



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- Salty Smart Snacks!
- Cravings Explained
- Snack Sweetly
- Sweet Summer Treats
- Nutrition Bites: Build a Better Taco!
- Delicious & Nutritious: Black Bean Salsa Salad



CRAVINGS EXPLAINED

Don't fight your food cravings, understand them...

Rummaging through the kitchen for that bag of chips you hid the other night? Or perhaps you're digging out your freezer to unearth the pint of ice cream lurking in the back. There are many different triggers for cravings, such as stress, the full range of emotions, and hunger. Many times people have cravings when they're bored, or they're multitasking and not recognizing when they're full.

Before you cave in to cravings, remember the golden rule of snacking: A healthy snack has both protein and a high-fiber carbohydrate, such as an apple and a piece of cheese or apple with peanut butter. The fiber mixed with the protein helps you feel full and fuels your body. Try these spiced almonds next time you're craving a sweet and salty treat!

- 1 tablespoon sugar
- 1-1/2 teaspoons kosher salt
- 1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon cayenne pepper
- 2-1/2 cups almonds (without added salt or oil)
- 1 tablespoon canola or olive oil

- ◇ In a small bowl, combine the first seven ingredients. In another small bowl, combine almonds and oil. Sprinkle with spice mixture; toss to coat.
- ◇ Transfer to a foil-lined 15-in. x 10-in. x 1-in. baking pan coated with cooking spray. Bake at 325° for 15-20 minutes or until lightly browned, stirring twice. Cool completely. Store in an airtight container.

<http://www.tasteofhome.com/recipes/spicy-almonds>

SNACK SWEETLY

Next time you're having a sweet tooth moment, here are some healthy options!

- **Frozen fruit.** Instead of ice cream, take a frozen banana, some frozen strawberries, and Greek yogurt, and put that through a blender. Frozen grapes are another easy snack option—they get sweeter in the freezer and taste like mini popsicles!
- **Carbonated water:** Soda is a sugar craving a lot of people have, so try taking some carbonated water and putting in a small amount of juice to flavor it. You'll have the bubbly feel that you get from pop and the sweetness from the juice!
- **Apples and peanut butter.** Make mini sandwiches of apples and peanut butter. You can put a few dark chocolate chips on top of them too!

<http://besthealthus.com/diet-weight/healthy-eating/sweet-salty-craving-snacks>

SWEET SUMMER TREATS!

The perfect refreshing summer snack or dessert—even healthy enough for breakfast!

FRUIT & YOGURT POPSICLES

2 cups fresh or frozen fruit—try blueberries, raspberries, strawberries and/or sliced bananas
2 cups plain yogurt
8 small paper cups
8 popsicle sticks

Place the fruit and yogurt into a blender or food processor (or you can mash with a potato masher). Cover, and blend until fruit is chunky or smooth, as desired. Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil.

Poke a popsicle stick through the center of the foil on each cup. Place the cups in the freezer for at least 5 hours. To serve, remove foil, peel off the paper cup, and enjoy!

<http://allrecipes.com/recipe/143168/fresh-fruit-and->



Let's talk TACOS!

One restaurant taco can contain more than **600 mg of sodium!** Here's how the salt can add up.... and some at-home options to build a taco with less sodium.

Shell

8" Flour tortilla: **364 mg**
8" Whole wheat tortilla: **210 mg**
6" Corn tortilla: **11 mg**
Lettuce wrap: **2 mg**

Meat (2 oz)

Ground beef: **48 mg**
Ground chicken: **49 mg**
Baked fish (Tilapia): **34 mg**

Beans (1/8 cup)

Refried, traditional: **110 mg**
Refried, low-sodium: **41 mg**
Black beans, low-sodium: **41 mg**

Seasoning (2 tsp)

Packaged: **411 mg**
Homemade: **42 mg**
(Combine 1/2 tsp each: cumin, chili powder, oregano, and garlic powder)

Cheese (2 Tbsp)

Cheddar: **92 mg**
Mexican blend: **47 mg**
Low-sodium cheddar: **3 mg**

Vegetables (1/4 cup)

Tomato, canned, stewed: **141 mg**
Tomato, raw: **2 mg**
Avocado: **3 mg**
Lettuce: **1 mg**

Toppings (2 Tbsp)

Traditional salsa: **256 mg**
Salsa verde: **180 mg**
AHA Black Bean Salsa: **2 mg**
Olive, canned: **123 mg**
Jalapeño, canned: **284 mg**
Jalapeño, raw: **0 mg**
Onion, raw: **1 mg**



Healthy Living™

Source: USDA, National Nutrient Database for Standard Reference Release 28

heart.org/sodium

NUTRITION BITES!

Here's how to build a better taco!

- ⇒ **Select a shell with your heart in mind.** Select a shell that includes whole grains or veggies and a lower amount of sodium, such as a whole wheat tortilla or lettuce wrap.
- ⇒ **Pick a protein** that delivers flavor without too much sodium, saturated fat, or trans fat, like grilled chicken, baked fish, reduced-sodium black beans, or reduced sodium refried beans.
- ⇒ **Season with spices.** Two teaspoons of packaged taco seasoning can have 411 mg of sodium! Make your own by combining 1/2 teaspoon each of cumin, oregano, chili powder and garlic powder for a total of 42 mg of sodium.
- ⇒ **Choose your cheese wisely.** Cheese can be high in sodium and saturated fat. Compare nutrition labels to find options lower in sodium and saturated fat, and use cheese as a garnish instead of a main ingredient.
- ⇒ **Pile on the veggies.** Fill out your taco with vegetables. You can even replace some of the meat and cheese.
- ⇒ **Tantalize your taste buds with toppings.** Try jalapeño, onion, and/or the black bean salsa recipe on the back cover!

<http://sodiumbreakup.heart.org/lower-sodium-tacos/>

utm_source=HL&utm_medium=Email&utm_term=HealthyLiving&utm_content=June&utm_campaign=SodiumBreakup

Delicious & Nutritious

Serve this easy black bean salad as a topping for tacos or whole grain crackers, chilled as a great side salad, or warmed in the microwave and as a filling for tacos! Serves 6 ~ 142 Calories & \$0.84 Per Serving

BLACK BEAN SALSA SALAD

- 1 15.5- oz. canned, no-salt-added or low-sodium black beans, drained
 - 1 15- oz. canned, no-salt-added or low-sodium kernel corn OR 3/4 cup frozen corn, thawed
 - 1 medium diced bell pepper
 - 1 medium tomato, diced
 - 1/2 cup red onion, diced
 - 1 tsp. minced garlic from jar
 - 2 Tbsp. chopped cilantro
 - 2 Tbsp. cider vinegar
 - 3 Tbsp. extra virgin olive oil
 - 1 juice of lime
- ⇒ Toss all ingredients together, and chill at least one hour.
Enjoy!

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Recipes/Black-Bean-Salad-or-Salsa_UCM_465427_RecipeDetail.jsp



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