



HEALTHY AT 80

www.communityhealthdayton.org

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HAPPY. HEALTHY THANKSGIVING!

As the leaves on the trees change from green to yellow and red, the cooling weather means one thing: it's pumpkin time. Coffee, cookie and candy flavors roll out the Pumpkin Spice everything, Halloween pumpkins are everywhere, and every grocery store is advertising pumpkin pie. So it's a good thing pumpkins are loaded with vitamin A, vitamin C and fiber!

These *whole-grain pumpkin pancakes* make breakfast even more special. Have extras? Freeze them for a healthy breakfast even on busy weekday mornings.

- 1 1/2 cups white whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon pumpkin pie spice
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 large egg
- 1 1/2 cups buttermilk
- 1 cup pumpkin puree
- 1/4 cup toasted chopped pecans
- 2 tablespoons canola oil
- 1 tablespoon sugar
- 1 teaspoon vanilla extract



~ Whisk flour, baking powder, pumpkin pie spice, baking soda and salt in a large bowl. Whisk egg, buttermilk, pumpkin, pecans, oil, sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Let the batter sit, without stirring, for 10 to 15 minutes.

~ Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Measure out pancakes using about 1/4 cup batter per pancake and pour into the pan or griddle. Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes. Flip and cook until golden brown on the other side, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray as needed. <http://www.eatingwell.com/recipe/250885/pumpkin-pancakes/print>

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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GOOD CARB CHOICES

Banishing carbs altogether in an effort to lose weight isn't realistic or even desirable. We love carbs. Carbs are our main source of fuel. But there are good carbs, and there are, well, less ideal carbs: those refined white flours and sugars. The good ones—fruits, veggies, beans, and whole grains—are balanced and unprocessed, are slower to digest, keep our blood sugar steady, and come with bonus nutrients like protein, fiber, and vitamins..

- ◇ **Start with a More Balanced Breakfast** ~ Smoothie shops can cram added sugars into that pricy treat. Save money and make your own healthier smoothie instead with Greek yogurt and fresh fruit. A 10-inch white flour tortilla adds 37g refined carbs to your burrito with little nutritional benefit. Instead, smear avocado, 2 scrambled egg whites, and salsa on a 6-inch whole-wheat tortilla: 16g carbs, 10g fiber, 11g protein.
- ◇ **Move into Smarter Snacking** ~ Low-cal pretzels and angel food cake are 100% refined carbs with no nutrition to fuel your body. Instead, try fiber- and protein-filled nuts or edamame. Get your cheesy cracker fix with part-skim string cheese and whole-wheat woven crackers instead of cheddar crackers. Skip the sugary fruit-on-the-bottom yogurt and top 6 ounces Greek yogurt with blueberries. You'll cut sugars in half and add 8g protein!
- ◇ **Keep Your Energy Up with Lunch** ~ Bean-based soups pack in more than twice the fiber of noodle soups. Baked pita chips pack 19g refined carbs into 10 chips. Munch on carrot and hummus instead to double the healthful fiber!
- ◇ **End the Day on a Good Note** ~ Add nuts to salads for crunch instead of croutons. Toss with oil and vinegar instead of low-fat dressings, which swap fat for sugar.

FROZEN PUMPKIN MOUSSE PIE

Surprise your family and friends with a frozen pumpkin pie this year—it just might become one of their holiday favorites. No need to let them know how light and easy it is.

- 30 small gingersnap cookies
- 2 tablespoons raisins
- 1 tablespoon canola oil
- 1 cup canned pumpkin puree
- 1/3 cup packed brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

Preheat oven to 350 °F. Coat a 9-inch deep-dish pie pan with cooking spray. To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely. To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Per serving: 231 calories; 5 g fat(1 g sat); 2 g fiber; 4 g protein

BUILD A BETTER THANKSGIVING PLATE

Fill 1/3 of your plate with veggies, such as carrots, green beans, broccoli, salad, Brussels sprouts, and asparagus.

Avoid casseroles and dishes with heavy creams, sauces, butter, or crusts.

If your table is low on veggies, consider adding fruit to this half of your plate. Cranberries, baked apples, and pears are all good options.

Fill 1/4 of your plate with starches such as stuffing and sweet potatoes. Other good choices for this section may include baked potatoes or rice pilaf. But skip the white bread or rolls!

Fill 1/4 of your plate with lean turkey slices (approximately 3 to 4 ounces). Avoid dark meat, including drumsticks. Remove the skin from the turkey before eating.

Instead of gravy, use a fruit based relish for a special treat!

How To Build a Healthy Thanksgiving Plate



- 1 1 cup green beans with almonds
- 2 1 cup salad with 1 Tbsp. salad dressing
- 3 1/4 cup stuffing
- 4 1/2 cup sweet potatoes with marshmallows
- 5 6oz. turkey breast with skin
- 6 2Tbsp. cranberry sauce

| NUTRITION FACTS | |
|-----------------|-----------|
| Calories | 651 |
| Fat | 25 g |
| Saturated Fat | Fat 4.5 g |
| Cholesterol | 129 mg |
| Sodium | 684 mg |
| Carbs | 60.5 g |
| Fiber | 8 g |
| Sugars | 25 g |
| Protein | 66.1 g |

And How Not To



- 1 1 1/2 cups stuffing
- 2 1 cup sweet potatoes with marshmallows
- 3 1 1/2 cup gravy
- 4 12oz. turkey breast with skin
- 5 1 1/2 cup canned cranberry sauce

| NUTRITION FACTS | |
|-----------------|----------|
| Calories | 1301 |
| Fat | 35 g |
| Saturated Fat | 11.5 g |
| Cholesterol | 271.5 mg |
| Sodium | 1880 mg |
| Carbs | 123 g |
| Fiber | 11 g |
| Sugars | 75 g |
| Protein | 110.5 g |

NUTRITION BITES!

Sautéed Brussels Sprouts You'll actually want to eat your vegetables on Thanksgiving with this easy recipe!

- 2 1/2 pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 large onion, diced
- 2 tsp thyme
- 1 teaspoon salt
- Freshly ground pepper
- 2 teaspoons lemon juice

- ⇒ Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
- ⇒ Meanwhile, cook bacon in a large skillet over medium heat, stirring until brown, 3 to 6 min. Remove with a slotted spoon to drain on a paper towel. Pour out all but about 1 T bacon fat from the pan.
- ⇒ Add onion to the pan and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory), salt and pepper to taste. Increase heat to med-high, add the Brussels sprouts, and cook, stirring occasionally, until tender and warmed through, about 3 minutes. Add the bacon, thyme, and lemon juice, and toss. Serve warm!

<http://www.eatingwell.com/recipe/249972/sauteed-brussels-sprouts-with-bacon-onions/print>

Delicious & Nutritious

We give the classic holiday side a special fall spin with diced fresh apple, toasted pecans, and dried cranberries. For the vegetarians at your table, you can substitute vegetable stock for the chicken stock. Raisins and walnuts can work in place of the cranberries and pecans.

APPLE. CRANBERRY. AND PECAN STUFFING

12 ounces whole-grain bread, cut into 3/4-in. cubes
2 tablespoons canola oil
1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrot
1 large Fuji apple, diced (about 2 cups)
1 cup pecan halves, toasted and coarsely chopped
1/2 cup dried cranberries
1/4 cup chopped fresh flat-leaf parsley
3/4 teaspoon kosher salt
3/4 teaspoon black pepper
2 cups unsalted chicken stock
3 tablespoons unsalted butter, melted
2 large eggs
Cooking spray



- ⇒ Arrange bread cubes on a rimmed baking sheet. Bake at 400°F for 20 minutes, stirring after 10 minutes. Place bread in a large bowl. Reduce oven temperature to 350°F.
- ⇒ Heat oil in a large skillet over medium-high. Add onion, celery, and carrot to pan; sauté 6 minutes. Add apple; cook 4 minutes. Stir in pecans, cranberries, parsley, salt, and pepper. Add apple mixture to bread; toss.
- ⇒ Combine stock, butter, and eggs in a bowl. Drizzle over bread mixture; toss. Let stand 15 minutes. Spoon into a 13- x 9-inch glass or ceramic baking dish coated with cooking spray. Bake at 350°F for 25 minutes.

<http://www.cookinglight.com/recipes/apple-cranberry-pecan-stuffing/print>

Community Health Centers of Greater Dayton

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