



HEALTHY AT 80

www.communityhealthdayton.org

November 2017

CELEBRATING EAT SMART MONTH!

Take simple steps to eat healthier by celebrating Eat Smart Month in November. You don't have to be an experienced cook to prepare healthy meals at home. Here are some tips to get you started.

Add Color on a Budget! You don't have to break the bank to get fruits and veggies on your plate—just add a little at a time and look for ways to save.

- ⇒ Many fruits and veggies cost less than \$1 per serving!
- ⇒ Single serve fruits & veggies can be cheaper than vending machine snacks.
- ⇒ Buying produce in bulk and freezing the excess can save both time and money.

Bring on the Flavor! Cooking fruits and veggies in healthy ways brings out their natural flavors

- ⇒ Roast veggies in high heat to caramelize them & tame bitterness.
- ⇒ Grill fruits to unlock a deeper sweetness.
- ⇒ Give your veggies a light sauté to crisp without overcooking.

Eat colorful fruits and veggies every day! Everyone knows that you need to eat a few servings of fruit and veggies a day—but do you know what one serving means?

- ⇒ One whole medium sized fruit (an apple, orange, or banana) is a serving.
- ⇒ Get a whole serving of most fruits & veggies with just a half a cup of fresh, frozen, or canned produce.

<https://healthyforgood.heart.org/add-color>

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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Community Health Centers of Greater Dayton—Your Medical Home

IT'S COOL TO MOVE MORE

Cooler weather doesn't have to keep you indoors. Summer heat and humidity are officially outta here. It's the perfect time to get outside and move more! Walking is one of the most versatile forms of exercise, because you can do it just about anytime, anywhere.

Like to move as soon as your feet hit the floor?

- ◇ Before you go to bed, get your walking clothes and shoes ready so it's easy to put them on quickly and head out the door.
- ◇ Eat a piece of fruit or a few spoonfuls of yogurt for quick fuel.
- ◇ Walking to your favorite jams may help get you moving. Just make sure you can still hear traffic.

Is lunchtime the only break in your busy day?

- ◇ Schedule your lunchtime walk in your calendar. Think of it as an important appointment.
- ◇ Recruit some friends or coworkers to join you. You can keep each other on track.
- ◇ In cooler weather, you might need a jacket, hat or gloves. If you're walking briskly, you'll heat up in about 10 minutes, so don't overdress.
- ◇ Bring your lunch or pick a route where you can grab a quick healthy meal at the end of your walk.

Is working out after work your idea of happy hour?

- ◇ Smoking increases breast cancer risks, particularly long-term, heavy smoking and among women who start smoking before their first pregnancy.

<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>

PORTION DISTORTION: THE STRUGGLE IS REAL

Sometimes the portion size & serving size are the same, but sometimes they are not. Big portion sizes can mean you're getting more food than your body can stomach to maintain a healthy weight. Sometimes it's hard to tell if the portions we are eating are the right serving size for our nutritional needs, especially when portion sizes have increased drastically over the years.

Portion is how much food you choose to eat at one time, whether in a restaurant, from a package or in your own kitchen. A portion is 100% under our control. Many foods that come as a single portion actually contain multiple servings.

Serving Size is the amount of food listed on a product's Nutrition Facts label. So all of the nutritional values you see on the label are for the serving size the manufacturer suggests on the package. Once we understand the difference, it's easier to determine how much to serve. Learn some suggested servings from each food groups you and your family eat at mealtime or between meals.

<https://healthyforgood.com/articles/portion-size-vs-serving-size>

+ WARM UP TO COOL WEATHER WORKOUTS

Make it easy on yourself to Move More in cooler weather with these tips and tricks.

- DRESS FOR COMFORT**
 - Keep your feet cozy with warm socks, weatherproof shoes and supportive insoles
 - Wear layers of clothing to wick away moisture, insulate and protect
 - Don't forget hats, gloves and scarves if it's very cold
- LOOK AT THE BRIGHT SIDE**
 - Being outdoors is a great way to get some Vitamin D
 - There's no heat or humidity to deal with – just cool, crisp air
 - Exercise boosts immunity during cold and flu season
- HAVE FUN WITH COOL WEATHER ACTIVITIES LIKE:**
 - Jogging
 - Hiking
 - Snowshoeing
- TAKE IT INSIDE IF IT GETS TOO COLD FOR COMFORT, TRY:**
 - Indoor circuit workouts
 - Yoga or other fun group classes
 - Active housework like power vacuuming

For more ideas on staying active, visit HEART.ORG/MOVEMORE

American Heart Association. Healthy For Good™
Life is why.

EAT SMART. ADD COLOR. MOVE MORE. BE WELL.

Nationally supported by **Dr. Scholl's**

RIGHTSIZE YOUR PORTIONS

How can we eat and serve smaller portions?

When cooking at

home: Offer the proper “serving” to each member of the family, then put the extra food away. Save leftovers for another meal.

When dining out: Skip the appetizers and split a large salad or main dish with a friend.

Watching movies at home or at the theatre:

Don't eat while watching TV or a movie or when you're on the computer. It's harder to control how much you're eating if you don't pay attention to what you're putting in your mouth, and when. At the movies, share a box of popcorn, and avoid the free-refill tubs and skip the candy.

At snack time: Never eat straight from the bag or box. Measure out snacks, including fruits and veggies, into appropriate portion sizes.



NUTRITION BITES!

Here's a lighter, more colorful take on the usual chips & dip that's perfect for the holidays! Beet chips crisp up in a flash in the microwave.

- ⇒ 3 medium beets, peeled and sliced to 1/16-in. thickness
- ⇒ 1 cup plain whole-milk Greek yogurt
- ⇒ 2 tablespoons chopped fresh chives
- ⇒ 1 tablespoon extra-virgin olive oil
- ⇒ 2 teaspoons fresh lemon juice
- ⇒ 1 teaspoon ground turmeric
- ⇒ 1 teaspoon onion powder
- ⇒ 3/4 teaspoon kosher salt
- ⇒ 1/8 teaspoon ground red pepper



Line a large microwave-safe plate with paper towels. Working in batches, spread beet slices on towel-lined plate; microwave at high for 3 minutes or until crisp. Combine yogurt and remaining ingredients; stir well. Serve dip with beet chips.

If you can't decide between pecan and pumpkin pie, this dessert will give you a taste of both in one healthier slice!



- ⇒ 1/2 (14.2-oz.) pkg. refrigerated pie dough
 - ⇒ Cooking spray
 - ⇒ 2/3 cup packed light brown sugar
 - ⇒ 1/4 teaspoon kosher salt
 - ⇒ 2 large egg whites
 - ⇒ 1 large egg
- ⇒ 1 (12-oz.) can fat-free evaporated milk
- ⇒ 1 (15-oz.) can unsalted pumpkin puree
 - ⇒ 1/2 teaspoon ground cinnamon
 - ⇒ 1/4 teaspoon ground nutmeg
 - ⇒ 1/8 teaspoon ground cloves
- ⇒ 2.13 ounces all-purpose flour (about 1/2 cup)
 - ⇒ 1/4 cup packed light brown sugar
 - ⇒ 1/8 teaspoon kosher salt
- ⇒ 2 tablespoons unsalted butter, melted
 - ⇒ 1/2 cup chopped pecans
 - ⇒ 2 tablespoons honey

Preheat oven to 425°F. To prepare pie, roll dough into an 11-inch circle. Fit dough into a 9-inch pie plate coated with cooking spray; fold edges under, and flute. Combine 2/3 cup brown sugar, 1/4 teaspoon salt, egg whites, egg, and evaporated milk in a bowl. Whisk in pumpkin and next 3 ingredients (through cloves). Pour mixture into prepared pie plate; bake at 425°F for 10 minutes. Reduce heat to 350°F (leave pan in oven). Bake at 350°F for 20 minutes (shield edges of piecrust with foil if they get too brown). To prepare topping, combine flour, 1/4 cup brown sugar, and 1/8 teaspoon salt in a bowl. Stir in melted butter. Stir in pecans. Sprinkle topping over pie. Drizzle with honey. Bake at 350°F for 30 minutes or until center is set. Cool 1 hour before serving.

Delicious & Nutritious

SPINACH AND FETA QUICHE WITH SWEET POTATO CRUST

Let's all be honest, while turkey may get all the Thanksgiving attention, the real stars of the meal are the side dishes. The simple, scalloped shell made from thinly sliced rounds of sweet potatoes makes this version of a popular dish higher in fiber & gluten-free.

2 medium sweet potatoes, peeled and cut into 1/8-in.-thick slices
1 teaspoon canola oil
1/2 cup sliced onion
1 (5-oz.) bag fresh baby spinach
1/2 cup 1% low-fat milk
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
1/4 teaspoon crushed red pepper
4 large eggs
2 large egg whites



- 1.5 ounces feta cheese, crumbled (about 1/3 cup)
- ⇒ Coat a 9-inch pie plate with cooking spray. Layer sweet potatoes in slightly overlapping concentric circles on bottom and upsides of plate, cutting slices in half to fit (rounded side up) around the sides. Coat potatoes with cooking spray. Bake in preheated oven for 20 minutes or until potatoes are slightly tender. Place pan on a wire rack. Increase oven temperature to 375°F.
 - ⇒ Heat a large nonstick skillet over medium. Add oil and onion; saute 3 minutes. Add spinach; sauté 3 minutes. remove from heat; cool.
 - ⇒ Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375°F for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.
 - ⇒ Combine milk and next 5 ingredients (through egg whites) in a medium bowl; stir with a whisk. Arrange spinach mixture in crust; pour egg mixture over spinach. Sprinkle with feta. Bake at 375°F for 35 minutes or until egg mixture is set. Let stand 5 minutes; cut into 8 wedges.

<http://www.cookinglight.com/recipes/spinach-feta-quiche-sweet-potato-crust>

Community Health Centers of Greater Dayton

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

Health Centers

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www.communityhealthdayton.org

Calories 203

Fat 8.7g

Satfat 3.5g

Monofat 3.2g

Polyfat 1.4g

Protein 13g

Carbohydrate 18g

Fiber 3g

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