



# HEALTHY AT 80

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

July 2017

## NO MORE YO-YO

Tired of yo-yo diets? Set yourself up for success with tried and true tips on maintaining a healthy weight.

To lose weight, you need to burn more calories than you eat! Take it from people who have successfully maintained weight loss: 98% have modified their eating habits, and 94% have increased their physical activity, especially walking.

- **Set Realistic Goals.** Know where you are today so you know how to get where you want to be. Talk to your health care provider, and learn your Body Mass Index (BMI). Set yourself up for success with short-term goals, like “I will make lifestyle changes which will help me lose (and keep off) 3-5% of my body weight.” Short-term goals can seem more achievable and keep you on track toward your long-term goals.
- **Understand why you eat what you eat.** Use a food diary or tracking app to understand what, how much, and when you’re eating. Being mindful of your eating habits and aware of your roadblocks and excuses can help you get real about your goals.
- **Understand portion sizes.** It’s easy to overeat when you’re served too much food. Smaller portions can help prevent eating too much. Learn the serving size of your favorite foods, and how to keep portions reasonable.
- **Make Smart Choices.** You don’t have to give up all your favorite foods. Learn to make smart food choices and simple substitutions instead. Discover healthy snacks and how fruits, vegetables, and whole grains help keep you fuller longer.
- **Stay active!** Physical activity is anything that gets your heart rate up, like walking. Aim for at least 150 minutes of moderate activity a week. Even 10-minute blocks count toward your goal.



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)

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## EMERGENCY STRESS STOPPERS

*We all have stress – at work, at home, and on the road. Sometimes we can feel especially stressed because of a bad interaction with someone, too much work, or everyday hassles like getting stuck in traffic. Negative stress can keep you from feeling and performing your best – mentally, physically and emotionally. But no one's life is completely stress-free. Emergency stress stoppers are actions to help you defuse stress in the moment. You may need different stress stoppers for different situations, and sometimes it helps to combine them.*

- ◇ **Count to 10 before you speak or react.**
- ◇ **Take a few slow, deep breaths until you feel your body un-clench a bit.**
- ◇ **Go for a walk, even if it's just to the restroom and back. It can help break the tension and give you a chance to think things through.**
- ◇ **Try a quick meditation or prayer to get some perspective.**
- ◇ **If it's not urgent, sleep on it and respond tomorrow. This works especially well for stressful emails and social media trolls.**
- ◇ **Walk away from the situation for a while, and handle it later once things have calmed down.**
- ◇ **Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.**
- ◇ **Turn on some chill music or an inspirational podcast to help you deal with road rage.**
- ◇ **Take a break to pet the dog, hug a loved one or do something to help someone else.**
- ◇ **Work out or do something active. Exercise is a great antidote for stress.**

<https://healthyforgood.heart.org/Be-well/Articles/3-Tips-to-Manage-Stress>



## NEGATIVE TO POSITIVE

Let's be honest, we all talk to ourselves! Sometimes we talk out loud but usually we do it in our heads. Self-talk can be positive ("I can do this" or "everything will be OK") or negative ("I'll never get better" or "I'm so stupid"). Negative self-talk increases stress. Positive self-talk can help you calm down & control stress. With practice, you can learn to shift negative thoughts to positive ones.

For example:

"I can't do this." → "I'll do the best I can. I've got this."

"Everything is going wrong." → "I can handle this if I take one step at a time."

"I hate it when this happens." → "I know how to deal with this; I've done it before."

"I feel helpless and alone." → "I can reach out and get help if I need it."

"I can't believe I screwed up." → "I'm human, and we all make mistakes. I can fix it."

<https://healthyforgood.heart.org/Be-well/Articles/3-Tips-to-Manage-Stress>

## RESTAURANT WISDOM

You can still eat sensibly when you eat out!

Instead of cream-based soups, try broth-based soups with lots of vegetables

Instead of quiche and salad, try soup & salad.

Instead of buffalo chicken wings, try peel-and-eat shrimp.

Instead of bread, muffins, or croissants, try melba toast, pita bread, or whole-grain rolls.

Instead of a fried chicken sandwich, try a grilled chicken sandwich.

Instead of chicken fried steak, try a veggie burger.

Instead of french fries, try baked potato, brown rice, or steamed vegetables.

Instead of potatoes and gravy, try potatoes without gravy or a baked potato.

Instead of creamy coleslaw, try sautéed vegetables, steamed vegetables or a tossed salad.

Instead of a hot fudge sundae or ice cream, try nonfat yogurt, sherbet or fruit ice.

## NUTRITION BITES!

**Smart Substitutions:** You can make many of your favorite recipes healthier by using healthy substitutions to help you cut down on sodium, sugar, saturated fats, trans fats and cholesterol, with little, if any, difference in taste.

- ⇒ Instead of whole milk (1 cup), use 1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil.
- ⇒ Instead of heavy cream (1 cup), use 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese.
- ⇒ Instead of sour cream, use low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream.
- ⇒ Instead of cream cheese, use 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed.
- ⇒ Instead of butter (1 tablespoon), use 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat) or 3/4 tablespoon liquid vegetable oil.
- ⇒ Instead of unsweetened baking chocolate (1 ounce), use 3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.

<https://healthyforgood.heart.org/eat-smart/articles/smart-substitutions-to-eat-healthy>

### LOVE YOUR RECIPES

Healthier Ingredient Substitutes

Try these substitutions to cut down on calories, fat, cholesterol and sodium while keeping the flavor in your favorite recipes.

FAT & CHOLESTEROL		SODIUM	
Butter, margarine, shortening or oil in baked goods	→ 1:½	A healthy oil such as: canola, corn, olive, sunflower or any non-tropical oil. Applesauce or prune puree for half of the called-for butter or shortening	TABLE SALT
Butter, margarine, shortening or oil to prevent sticking	→	Cooking spray or nonstick pans	→ 1:1 Try other spices such as cinnamon, ginger and nutmeg
EGGS	→	Two egg whites or ¼ cup egg substitute for each whole egg	SUGAR
EVAPORATED MILK	→ 1:1	EVAPORATED SKIM MILK	SUGAR
CREAM CHEESE	→ 1:1	FAT-FREE Fat-free or low-fat cream cheese, or low-fat cottage cheese pureed until smooth	REDUCE SUGAR BY 1/2
SOUR CREAM	→ 1:1	FAT-FREE PLAIN YOGURT, or fat-free/low-fat sour cream	CANNED FRUIT (in heavy syrup)
MAYONNAISE	→ 1:1	PLAIN YOGURT	→ 1:1 Fresh fruit or canned fruit in its own juices or water
			FRUIT-FLAVORED YOGURT
			PLAIN YOGURT
			CARBOHYDRATES
			WHITE FLOUR
			→ 1:½ WHEAT FLOUR
			BREAD CRUMBS
			→ 1:1 OATMEAL OR BRAN CEREAL
			WHITE BREAD
			→ 1:1 WHEAT BREAD OR WHOLE GRAIN

# Delicious & Nutritious

## GRILLED FRUIT KEBABS

Threading fruit onto skewers creates a fun-looking dessert for kids and adults alike. A balsamic-honey glaze adds sweet tartness.



- 2 cups pineapple chunks
  - 2 cups watermelon chunks
  - 2 bananas (peeled, cut into large chunks)
  - 1, (16-ounce) package strawberries (stems discarded)
  - 2 Tbsp balsamic vinegar
  - 2 teaspoons honey
  - 1 tablespoon canola oil
- ⇒ If using wooden skewers, make sure to soak them in water for at least 30 minutes.
  - ⇒ Prepare a grill to medium-high heat. Prepare the fruit by chopping 2 cups pineapple and 2 cups watermelon. Peel and thickly slice bananas and remove stems from strawberries.
  - ⇒ Thread fruit onto the 8 skewers, aiming for 2 pieces of each fruit per skewer: strawberry, pineapple, watermelon, banana, strawberry, pineapple, watermelon, and banana. Place onto a platter or a baking sheet.
  - ⇒ In a small bowl, add vinegar, honey, and oil. Whisk together with a fork. Use a basting brush to glaze fruit with about half the balsamic mixture.
  - ⇒ Add fruit kabobs to the grill. Turning a couple times while cooking and basting with remaining balsamic mixture, until fruit is caramelized about 8 to 10 minutes. Remove from grill and serve.

<https://recipes.heart.org/recipes/2041/grilled-fruit-kabobs-with-balsamic-drizzle#>

## 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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