



HEALTHY AT 80

www.communityhealthdayton.org

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GET MORE BOUNCE PER OUNCE

The foods we eat can nourish our bodies and minds, give us energy and help us maintain our healthy eating patterns. One easy way to do this is to eat nutrient-dense foods.

Nutrient dense foods are PACKED with essential nutrients like vitamins, minerals, healthy fats, proteins and carbs. That's the total opposite of an empty calorie food that has little significant nutritional value. (You know, like a donut.)

A taste of options that are packed with goodness:

- ⇒ **Walnuts** are rich in omega-3 fatty acids, protein, iron, potassium, zinc, and also unsaturated fats, which help us absorb vitamins A, D, E, and K
- ⇒ **Black Beans** are three times cheaper than chicken, beef, or fish, and are loaded with fiber, folate, potassium, & protein.
- ⇒ **Blueberries** are loaded with powerful antioxidants.
- ⇒ **Cauliflower's** mild flavor makes it a versatile swap for other less nutritious, high-carb foods like white flour and white rice.
- ⇒ **Oatmeal** is high in soluble fiber, which can help curb bad (LDL) cholesterol
- ⇒ **Salmon** and other fatty types of fish contain the greatest amount of Omega-3s. A 100 gram piece of wild salmon contains 2.8 grams of Omega-3s, along with large amounts of Magnesium, Potassium, Selenium and all the B-vitamins. It is a good idea to eat fatty fish at least once or twice a week, to get all the Omega-3s that your body (and brain) desperately need.
- ⇒ **Kale** is loaded with vitamins, minerals, fiber, antioxidants. A 100 gram portion of kale contains 2 grams of fiber, 3 grams of protein and only 50 calories.

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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DO YOU HAVE A WEAKNESS FOR SWEETNESS?

Helpful Hint: The recommended daily limit for added sugars is 25 grams for women and 36 grams for men. While this may sound like a lot, sugars added into foods can sneak up on you. For example, a cup of vanilla froyo can have 34 grams of added sugar. And a cup seems so teeny, right?

Keeping tabs on how much sugar you're swallowing is an important part of a heart-healthy lifestyle, especially if you've been diagnosed with diabetes or pre-diabetes. The empty calories from added sugars in desserts, some drinks and candy can lead to weight gain and spikes in blood glucose levels. The good news is that cutting down on sugar may be easier than you think. Get started cutting down on sugar with these tips:

- ⇒ **Toss the table sugar** (white and brown), syrup, honey and molasses. Cut back on the amount of sugar added to things you eat or drink regularly like cereal, pancakes, coffee or tea. Try cutting the usual amount of sugar you add by half and wean down from there.
- ⇒ **Swap out the soda.** Water is best, but if you want something sweet to drink or are trying to lose weight, diet drinks can be a better choice than sugary drinks.
- ⇒ **Eat fresh, frozen, dried or canned fruits.** Choose fruit canned in water or natural juice. Avoid fruit canned in syrup, especially heavy syrup. Drain and rinse in a colander to remove excess syrup or juice.
- ⇒ **Compare food labels and choose products with the lowest amounts of added sugars.** Dairy and fruit products will contain some natural sugars. Added sugars can be identified in the ingredients list.
- ⇒ **Cut the serving back.** When baking cookies, brownies or cakes, cut the sugar called for in your recipe by one-third to one-half. Often you won't notice the difference.
- ⇒ **Try extracts.** Instead of adding sugar in recipes, use extracts like almond, vanilla, orange or lemon.
- ⇒ **Replace it completely.** Enhance foods with spices instead of sugar. Try ginger, allspice, cinnamon or nutmeg.
- ⇒ **Substitute.** Switch out sugar with unsweetened applesauce in recipes (use equal amounts).
- ⇒ **Limit Non-nutritive Sweeteners.** If you are trying to lose weight, a temporary fix to satisfying your sweet tooth may be with non-nutritive sweeteners. But watch out! Make sure that swapping sugary options for non-nutritive sweeteners now doesn't lead to eating more later.

<http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/tips-for-cutting-down-on-sugar>

SLEEP AND YOUR HEALTH

The CDC has linked insufficient sleep to the development of chronic diseases and conditions, including diabetes, heart disease, obesity and depression. Try adopting the following five healthy sleep habits:

1. Keep a regular schedule—try to go to bed and wake up at the same time each day, including weekends.
2. Create a good sleep environment, including comfortable room temperature, minimal noise and sufficient darkness.
3. Keep track of habits that help you fall asleep, like relaxing music or reading before bed. Repeat those activities each night.
4. Avoid caffeine and nicotine three to four hours before going to bed.
5. Limit alcohol before bed, as it can reduce sleep

Get a Good Night's Sleep with Food

These sleep-inducing foods will help your muscles relax, quiet your mind and produce sleep-inducing hormones to get you right off to bed.



Bananas



Warm milk



Chamomile tea



Almonds



Whole-wheat bread

STAYING HYDRATED STAYING HEALTHY

Keeping the body hydrated helps the heart more easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently.

What does being well hydrated mean? The amount of water a person needs depends on weather, clothing worn and exercise intensity and duration.

A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. Some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn't the best indicator that you need to drink. If you get thirsty, you're already dehydrated.

The easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids. Water is the best thing to drink to stay hydrated. Sports drinks tend to be high in added sugars and calories.

<http://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>

NUTRITION BITES!

Sneaky Sugars

Added sugars are sugars added to foods and beverages when they're processed or prepared. Consuming too much can lead to disease – and even early death. Make sure you know how to avoid them—and how to spot them!

- ⇒ Check nutrition facts label and ingredients
- ⇒ Limit sweet and sugary beverages
- ⇒ Choose simple foods over heavily processed ones
- ⇒ Rinse canned fruits if they are canned in syrup.

THE AMERICAN HEART ASSOCIATION
RECOMMENDED DAILY LIMIT FOR ADDED SUGARS:

WOMEN

6

TEASPOONS

100

CALORIES

OR LESS

MEN

9

TEASPOONS

150

CALORIES

OR LESS



WHERE DO ADDED SUGARS COME FROM?



DECEPTIVE DRINKS

Flavored Milk
Sports & Energy Drinks
Sugary Soda & Tea
Sweetened Juice



UNBALANCED BREAKFASTS

Breakfast & Energy Bars
Granola
Sugary Cereal
Sweetened Oatmeal



SWEET, SWEET SYRUPS

Coffee Flavors
Drink Mixers
Jellies & Jams
Pancake Syrup



ICE-COLD CANDY

Ice Cream & Gelato
Frozen Yogurt
Fruit-Flavored Popsicles
Sherbet & Sorbet



BEWITCHING BAKED GOODS

Bread & Pastries
Cakes, Cookies & Pies
Donuts
Flavored Bagels

Delicious & Nutritious

CAESAR BRUSSELS SPROUTS SALAD WITH ALMONDS

There's a bounty of prepared produce in the produce section of the supermarket these days, and we're happy to take advantage. Think of preshredded Brussels sprouts as an alternative to coleslaw mix, and use it in salads, slaws, and quick sautés. If you can't find them, trim whole Brussels sprouts and thinly slice. Here the sprouts get the Caesar treatment, with a garlicky vinaigrette and toasted sliced almonds. You could also add fresh flat-leaf parsley leaves for more color.

2 tablespoons sliced almonds
2 tablespoons
fresh lemon juice
1/2 teaspoon
black pepper
Dash of kosher
salt
2 garlic cloves,
finely chopped
1 1/2 T olive oil
2 T finely grated
Parmesan cheese
1 (12-oz.) pkg.
shaved fresh
Brussels sprouts



- ⇒ Heat a large nonstick skillet over medium-high. Add sliced almonds, and cook 4 minutes or until toasted and fragrant, stirring occasionally.
- ⇒ Combine lemon juice, pepper, kosher salt, and chopped garlic in a bowl; let stand 5 minutes.
- ⇒ Add olive oil and Parmesan cheese to bowl, stirring with a whisk. Add almonds and Brussels sprouts; toss to coat. Serve immediately. Yield: Serves 4 (serving size: about 1 1/2 cups)

<https://www.cookinglight.com/recipes/caesar-brussels-sprouts-salad-almonds>

Community Health Centers of Greater Dayton

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

Our Health Centers

Appointment Line:

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Nutritional Information

• Calories 11g • Fat 8g • Satisfat 1g
• Unsatisfat 7g • Protein 5g •
Carbohydrate 10g • Fiber 4g •
Sodium 97mg • Calcium 7% DV •
Potassium 10% DV • Sugars 2g •
Added sugars 0g

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