



HEALTHY AT 80

www.communityhealthdayton.org

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SURVIVE THE SUGAR HIGH

Raise your hand if you are looking forward to candy-crazy kids this Halloween! I didn't think so.

Candy on Halloween is an unavoidable situation. Between school parties and trick or treating, you could probably open your own candy store with the amount kids seem to collect. But Halloween doesn't have to be all about the candy.

- ⇒ Don't get me wrong, candy can definitely be consumed during the Halloween season, but adopting an "all in moderation" approach will help both you & the kids stay healthier & happier. If you simply take away all the candy, it only makes them want it more—adults and children alike! Instead, set limits.
- ⇒ A small piece of candy in the lunchbox, another after dance practice, etc. This teaches both kids & adults to choose only their favorites over eating everything in sight & that a healthy lifestyle doesn't have to be restrictive. As long as we eat healthy, balanced meals most of the time, a small treat here or there is okay.
- ⇒ Another fun tradition is to make healthier options for school parties and family time, like when watching a Halloween movie!
- ⇒ Not all Halloween treats have to be full of added sugars. Turn apples into a fun, themed Halloween snack with the addition of peanut butter, sliced almonds and strawberries! Kids will have fun assembling their own spooky snack. Carefully cut out mouth in each apple quarter using a knife. Spread inside with peanut butter. Add sliced almonds for teeth and strawberry slice for tongue. Add a dot of peanut butter to the back of candy eye sprinkles and place on apple.

<https://www.produceforkids.com/25-healthy-halloween-treats-kids/>



produceforkids.com

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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HEALTHY VEGETABLES YOU NEVER KNEW YOU LIKED

If you're passing on these superfoods because you hate how they taste, try these sweet cooking tricks to make them downright delicious!

Our taste buds are wired to detect minute amounts of bitterness in food, a trait that protected cave dwellers from dining on poisonous wild plants. On top of that, one in four adults has a genetic quirk that makes her a “super-taster,” with up to six times more concentrated taste buds and a particular sensitivity to bitter chemicals. Many of the healthiest vegetables taste unappetizingly bitter because of natural chemicals that give them their healing oomph. Good news: there are ways to prepare the following heart-protecting, cancer-fighting foods so they taste delicious!

- ⇒ **Beets:** Mix grated beets with lemon juice, golden raisins, and celery. Roast with balsamic vinegar for a surprisingly sweet treat!
- ⇒ **Broccoli:** Mash steamed florets with potatoes or shred peeled broccoli stems and sauté with garlic and a dash of olive oil.
- ⇒ **Brussels Sprouts:** Roast 'em with onion chunks, then toss with rice vinegar.
- ⇒ **Cabbage:** Cook red cabbage, chopped apples (leave the skin on for more antioxidant power), and raisins in apple juice; season with ground cloves.
- ⇒ **Eggplant:** Brush with olive oil, sprinkle with oregano, and grill or broil.
- ⇒ **Kale:** Braise in cider to offset bitterness.
- ⇒ **Spinach:** Eat it fresh and raw. Create a salad dressing with pureed raspberries, balsamic vinegar, and a dash of canola or olive oil.



ADHD & APPETITE

One option for the treatment of children diagnosed with ADHD is medication. Medication can be an important and effective tool for families, but a not-infrequent side effect is loss of appetite. If you notice your child's appetite changing, or diminishing after starting a stimulant medication, it's important that you contact your health care provider so that you can troubleshoot together. Some ideas your health care provider might suggest include:

Taking the medication at a different time of day. Just as with any medication, time of day can make a big difference. Of course, you and your providers will need to keep in mind what time of day you want the medication to be at its peak efficiency as well (likely school hours).

Add a protein shake mid-day. Kids may enjoy a good-tasting, high protein shake around lunchtime when weight and appetite are affected by medications.

ADHD & Appetite

Dealing with decreased appetites in kids due to medication



SCREEN TIME & KIDS

We live in a day and age when kids, from a very young age, have interactions with an electronic device, and it's important to set guidelines for screen time.

The American Academy of Pediatrics recommends:

Ages 0-2: Avoid screens

Ages 2-5: 1 hour per day or less

Ages 6+: 2 hours per day or less.

Parental monitoring apps can be extremely beneficial. These apps can be configured to shut off kids' screens at certain times of day, or after a certain number of minutes/hours. These apps can help eliminate dreaded arguments about ending screen time.

Another strategy for creating a balance between technology and other aspects of life is instituting a couple of absolutely screen-free zones. The dinner table, the car, the backyard or the park come to mind.

Screen Time & Kids

Striking a balance with kids & tablets



NUTRITION BITES!

What's in Season?

Happy October! The leaves are turning brown, Halloween decorations are popping up all over the neighborhood and a plethora of fresh fruits and veggies are in season at a grocery store new you! Knowing what fresh produce items are in season when you head to the grocery store can not only save you money, but also means that you'll be enjoying fruits and veggies at their peak! Healthy eating doesn't have to be expensive. Planning meals around in-season fresh produce is one of the easiest ways to save on groceries.

What's in Season for October?



Pumpkins

Apples
Avocados
Bananas
Beets
Bok Choy
Broccoli
Brussels Sprouts
Carrots
Cauliflower
Celery



Pears

Corn
Cranberries
Eggplant
Grapes
Greens
Leeks
Lemons/Limes
Mango
Melons
Mushrooms



Kiwi

Okra
Pomegranates
Potatoes
Raspberries
Rutabagas
Strawberries
Sweet Onions
Sweet Potatoes
Turnips
Winter Squashes

Delicious & Nutritious

ONE POT CHEESEBURGER MAC

Busy families often rely on the convenience of boxed hamburger meals, but you can get the same delicious meal in a much healthier way! Everything still cooks in one pot for easy clean-up, and we swapped ground beef for a leaner ground turkey, added a few veggies and topped it off with real cheese. The best part? Not only is this an easy weeknight dinner, but leftovers can be packed in a thermos for a delicious lunch on chilly days!

- 1 tablespoon olive oil
- 1 pound lean ground turkey
- 1 small onion, finely chopped
- 1 cup bell pepper, chopped
- 1 ½ teaspoon paprika
- 1 teaspoon sugar
- 1 ½ teaspoon salt
- 1/2 teaspoon chili powder
- 1 ½ cup water
- 1 cup milk
- 3 tablespoons tomato paste
- 1 ½ cup whole grain dry macaroni
- 1 cup shredded lowfat Cheddar cheese



- ⇒ Heat oil in large skillet over medium high heat. Add turkey, onion and peppers. Cook 7-10 minutes, or until turkey is cooked through.
- ⇒ Mix paprika, sugar, salt and chili powder in small bowl. Add to turkey and stir. Add water, milk, tomato paste and pasta. Mix well. Bring to a boil, reduce heat and simmer 10 minutes, or until pasta is cooked and liquid is absorbed.
- ⇒ Remove from heat and top with cheese. Makes 6 servings.

<https://www.produceforkids.com/recipes/one-pot-cheeseburger-mac/>

Nutritional Value

Calories 309 Fat: 13g Protein: 24g Carbohydrate: 26g Cholesterol 59mg Fiber: 3g Sodium: 584mg Sugar: 6g Calcium: 176mg Iron: 2.5mg

Community Health Centers of Greater Dayton

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

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937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

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