



# HEALTHY TODAY

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

November 2019

## IN DEFENSE OF JOY

As W. Edwards Deming said, “People are entitled to joy in work.” But the word “joy” can elicit a variety of responses — including irritation, cynicism, and even guilt.

- ⇒ *Happiness, contentment, and meaning* are words that can easily slip by without comment. *Joy* is aspirational, ambitious, and slightly alien. Yet *joy* should still feel within everyone’s reach.
- ⇒ Joy doesn’t mean work each day is easy. Joy doesn’t mean that the nuances of human emotion are to be steamrolled over with a smiling emoji. It doesn’t mean that illness and deprivation are to be forgotten. It doesn’t mean that dealing with pain and even death should be experienced with good cheer. Joy has nothing to do with any of these things.
- ⇒ Joy is not fun for the sake of it. It’s not silliness, or the lack of respect for pain, fatigue, or long hours.
- ⇒ Joy is the experience of a meaningful life, in the happiness, sadness, and fullness of all its moments.
- ⇒ Joy is the humbling experience of offering care, and the privilege of enabling any betterment where this is possible. Joy is knowing that what you do is worthwhile. It is connection, it is authenticity.
- ⇒ Joy means going home at the end of the day knowing that you’ve participated in something that *matters to you*, and that you have asked others *what matters to them*.

<http://www.ihl.org/communities/blogs/in-defense-of-the-word-joy/>



Healthy Today is Community Health Centers of Greater Dayton’s informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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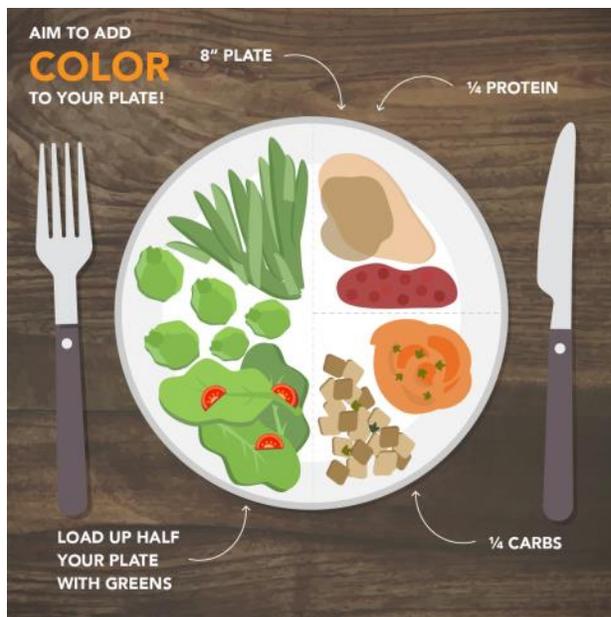
## HEALTHY SWAPS FOR AN ENJOYABLE HOLIDAY SEASON

On Thanksgiving, your normal food rules probably go out the window. You might start the day with a plan for how to tackle the endless indulgences around you, only to lose your way and eat yourself into a food coma. What can make it easier to enjoy your Thanksgiving feast in moderation? Knowing how to compose a balanced plate and staying flexible in your decision making (especially if you aren't cooking the meal).



A "classic" Thanksgiving plate is swimming in carbs, starchy vegetables and sugar that will inevitably lead to a post-meal crash. Potatoes, stuffing, cranberry sauce and bread might taste delicious, but they ultimately fail to provide much nutrition. Plus, they're often packed with calories and saturated fat.

Just a few healthy swaps can keep your plate full of Thanksgiving flavor and boosting its nutritional value. One step is to think of color: The more variety, the better. Instead of filling your plate with brown and tan foods (ahem, stuffing, mashed potatoes, turkey and gravy), pile on as many green and orange dishes as you can.



## BOTTLED SALAD DRESSINGS: THE UNBOTTLED TRUTH

Not all salad dressings are created equal. Bottled dressings, particularly those in the center aisles, often have high fat content and contain added sugar, sodium, and preservatives to extend shelf life.

Healthier options for bottled dressings exist, and they're usually found in the refrigerated section. Always sure to check not only the nutrition label, but also the ingredient list.

Making your own vinaigrette at home is super easy and requires less than 5 ingredients: Finely mince 2 tablespoons shallots or red onion. Place in a bowl with 1 teaspoon Dijon mustard. Pour 2 tablespoons wine vinegar into mixture with  $\frac{1}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon freshly ground black pepper; whisk to combine ingredients. Slowly pour 6 tablespoons extra-virgin olive oil (almost drop by drop) into the mixture, whisking as you go to incorporate and create a creamy, emulsified finish.



[www.cookinglight.com/cooking-101/techniques/how-to-make-vinaigrette-recipes](http://www.cookinglight.com/cooking-101/techniques/how-to-make-vinaigrette-recipes)

## BREAKFAST OF CHAMPIONS?

Oatmeal is considered a generally healthy breakfast choice.

However, there are exceptions to this rule.

Instant oatmeal packets often contain added sugar and artificial flavorings. It does count as a whole grain, but still **we recommend old-fashioned oats and then jazzing them up on your own with milk, honey, fresh fruit, and cinnamon.**

Dry cereals are also notorious for high sugar content, despite how healthy the packaging and ingredients may seem. Sugar-laden cereals will keep you less full and satisfied and may even lead to more mid-morning snacking. **To choose the best dry cereal, follow the 5-5-10 rule: 5 grams of fiber, 5 grams of protein, and less than 10 grams of sugar.**



# NUTRITION BITES!

## FOODS NUTRITIONISTS AVOID

We all know we should eat more fruits and vegetables, but registered dietitians will tell you that eating most less healthy foods on occasion won't change your health over the long haul. However, there are some foods you should habitually avoid. Find out which foods are deal breakers—always.

### White Bread

⇒ The main ingredient in white bread is refined, bleached flour. Refined means that before being ground into flour, the wheat underwent the highest level of processing, and multiple parts were removed to extend shelf life. These parts include the bran and the hull, which hold the bulk of the protein and fiber content. Wheat and multi-grain breads are usually made from white flour despite their deceiving names. A 100-percent whole-grain bread will always list a whole-grain ingredient first on the label.



### Gluten Free Snacks.

⇒ Unless you have a diagnosed allergy, you should generally avoid these products. Gluten is a protein network naturally present in wheat, barley, and rye. When gluten is removed from food, other ingredients are added to make up for the loss in texture. If you are trying to snack smarter, a “gluten-free” label doesn't necessarily make your snack a healthier option.

### Reduced Fat Peanut Butter

⇒ Some food items naturally have a higher fat content and should be kept that way. Peanut butter is one such food. Regular peanut butter and reduced-fat peanut butter actually contain around the same amount of calories. However, sugar and starchy fillers are added in place of healthy fat in the reduced-fat option. Peanuts are a good source of heart-healthy, monounsaturated fat and should be the only ingredient in your peanut butter (ok, and maybe a little salt).

### Processed Meats

⇒ This includes packaged deli meats and processed meats, such as hotdogs and sausages. Packaged deli meat tends to be high in sodium and may contain preservatives in the form of sodium nitrite and sodium nitrate. Some brands have one third of the daily recommend intake for sodium in just one 2 oz. serving. Opt for roasting your own turkey or purchasing fresh slices. Hot dogs are highly processed and typically made from low-quality meat. Even all-beef dogs can contain more 550 mg of sodium per link.

# Delicious & Nutritious

## 3 INGREDIENT CRANBERRY SAUCE

Forget the canned stuff. Opt instead for this home-made version, sweetened with honey and fresh orange juice, which is even easier than going to the grocery store!

12 ounces fresh cranberries  
3/4 cup fresh orange juice  
1/2 cup honey or maple syrup

- ⇒ Combine cranberries, orange juice, and honey or maple syrup in a saucepan. Simmer over medium heat, until berries pop and sauce thickens, about 10 - 15 minutes.
- ⇒ Cool completely and refrigerate. Serve at room temperature.



This simple 3-ingredient cranberry sauce is great on its own, or as the base for different flavor variations!

- ⇒ **Dijon Cranberry Sauce** – Stir in a tablespoon of Dijon mustard once the sauce is cooked. This is a great variation for sandwiches the next day.
- ⇒ **Spiced Cranberry Sauce** – Add a cinnamon stick and a few whole cloves to the sauce while cooking. Cut a strip of orange peel and poke the cloves through it so it will be easy to remove the whole spices once the sauce has cooked.
- ⇒ If you have any leftovers, try this super-easy **Cranberry Salad Dressing**: Whisk together 1/2 cup organic extra virgin olive oil, 1/4 cup 3-ingredient cranberry sauce, 3 tablespoons apple cider vinegar, 1 tablespoon whole grain mustard, honey or maple syrup to taste (optional), sea salt to taste, and fresh ground pepper to taste!

<https://cookeatpaleo.com/paleo-cranberry-sauce/>

### Nutrition

Calories: 94kcal | Carbohydrates: 25g | Protein: 0g | Fat: 0g |  
Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 1mg | Potassium:  
93mg | Fiber: 2g | Sugar: 21g | Vitamin A: 70IU | Vitamin C: 17.4mg |

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## 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:

**937-461-6869**

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

#### 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 45403  
Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

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