



# HEALTHY TODAY

## DON'T SKIP MEALS!

The holidays are a time of celebration, and the foods served during this time can remind us of happy memories and loved ones. It can also be a difficult time if you are on a diet or trying to follow a healthy diet.

Skipping meals may seem like a good way to reduce the amount of calories you consume, but is likely to make you eat more food faster when you finally do eat. Make sure to keep your regular meal schedule so your body can trust you to provide. When you skip meals, your body goes into survival mode. This can cause unwanted or unnecessary cravings, making you want to eat and snack more than you need to.

Skipping meals can decrease your energy levels, making you feel groggy and tired. Who wants to feel like that during the holidays? Skipping meals can also make you miss out on nutrients. When you skip meals, you miss out on important nutrients that you need throughout the day. Instead, focus on having a lower calorie, healthy breakfast and lunch that are full of fruit and veggies. The fiber will help you feel more satiated and will help prevent over-eating.

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)

<https://forteelements.com/staying-healthy-during-holidays/>



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## MINDFUL SNACKING AT HOME

After COVID-19 hit, many fitness centers were temporarily closed, routines were turned upside down, and people were directed to remain at home to protect themselves and others. Yet the key things to keep us healthy continue: exercise, eating a balanced diet and maintaining a healthy weight. If your snacking habits are not as healthy as they once were, here are some things to remember when snacking at home:

- ⇒ Plan Your Approach, and Your Pantry. It is important to figure out your game plan on what and when to eat. The first step is to examine your thoughts. Think and plan. Don't react. A game plan will help you get back to and stick with the healthy habits you followed in your previous routine.
- ⇒ First, you may plan on enjoying snacks only during specific times or portion out healthy snacks so you don't overindulge. Second, fill your home with healthy food choices, such as fruits, vegetables, low-sodium soups, whole grains and lean proteins. You should make the healthy snack options easy so you don't reach for unhealthier options. Also, remove non-nutritious foods that you know will tempt you.



- ⇒ Track Your Progress.

If you're concerned about gaining weight, let's deal with facts.

Your weight still is a calorie issue whether you are staying home or not. Women need 10 calories per pound per day to maintain their weight, and men need 11 calories per pound per day. Keep track of what and how much you eat and exercise so you can control weight gain.

- ⇒ There are several apps you can use to track eating and exercise, even if you are at home or have had changes to your routine. When your schedule changes, problem-solve a different approach to accomplish the same task. *Be kind to yourself and focus on the larger goal. Research has shown that it can take up to 66 days of consistently repeating a behavior until it forms a habit, so work toward progress, not perfection.*

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/mindful-snacking-at-home>

S	N	A	C	K
Stop	Notice	Accept	Curious	Kindness
Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)	What is happening within and around you?	This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.	Ground yourself with questions about your experience and environment. What am I feeling? What do I need right now?	Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

## SNACK FOR HUNGER. NOT STRESS

When people are feeling stressed or bored, they often turn to food to cope. Treat yourself with love and respect. Don't abuse your body by over-eating, which can increase stress levels with the weight gain that often results.

If you start craving sweets, which is a normal response to stress, grab lean protein foods to reduce the cravings. Such foods include crunchy nuts or cozy soups made with lots of vegetables and legumes.

When you start to feel hungry, ask yourself, "Am I physically hungry or just stressed?" If you realize you are reaching for a snack due to stress or boredom, distract yourself by going for a walk, doing something creative, talking with a friend on the phone, playing a game, or meditating instead.

Snacks are an important part of a healthy lifestyle! Choose nutrient-dense foods that will help fill the nutrient gaps in your eating plan. Focus on whole foods, such as fruits, vegetables, and whole grains. Choose these options rather than packaged items high in calories, fat and sodium, such as chips, candy or cookies.

## BITE. LICK AND TASTE CALORIES

Are BLTs ruining your progress? And no, I'm not talking about Bacon, Lettuce, & Tomato Sandwiches, I'm talking about Bites, Licks, & Tastes!

Whether it's a bite of someone's indulgent dish, a lick of your significant other's ice cream cone, or a taste of a friend's drink, if these are instances that are happening often (and you're not tracking them) it is easy to consume more calories than you expect to through extra bites, licks and tastes of food.

Is this really a big deal? YES! If you are tracking calories for weight loss but not correctly, then it can be a longer process for progress! It can definitely seem like not a big deal in the moment to have a small portion of a treat, but calories can add up quickly!

Solution? Keeping track of all foods you eat can help you stay mindful of what you are actually eating.

### A DAY'S WORTH OF UNTRACKED BITES, LICKS, & TASTES...

6G PEANUT BUTTER		36 CALS
1 BREAD CRUST		30-40 CALS
2 TRISCUITS		40 CALS
2 TORTILLA CHIPS		30-40 CALS
1/8TH COOKIE		40 CALS
SIP OF A SMOOTHIE		30-50 CALS

... EASILY ADDS UP TO 205-245 EXTRA CALS PER DAY.

245 X 7 DAYS = 1,715 EXTRA CALS PER WEEK.

IF YOU'RE TRYING TO LOSE 1 LB/WEEK, JUST THIS WILL SLOW YOUR PROGRESS BY 50%.

## SUPERFOODS: CRUCIFEROUS VEGETABLES

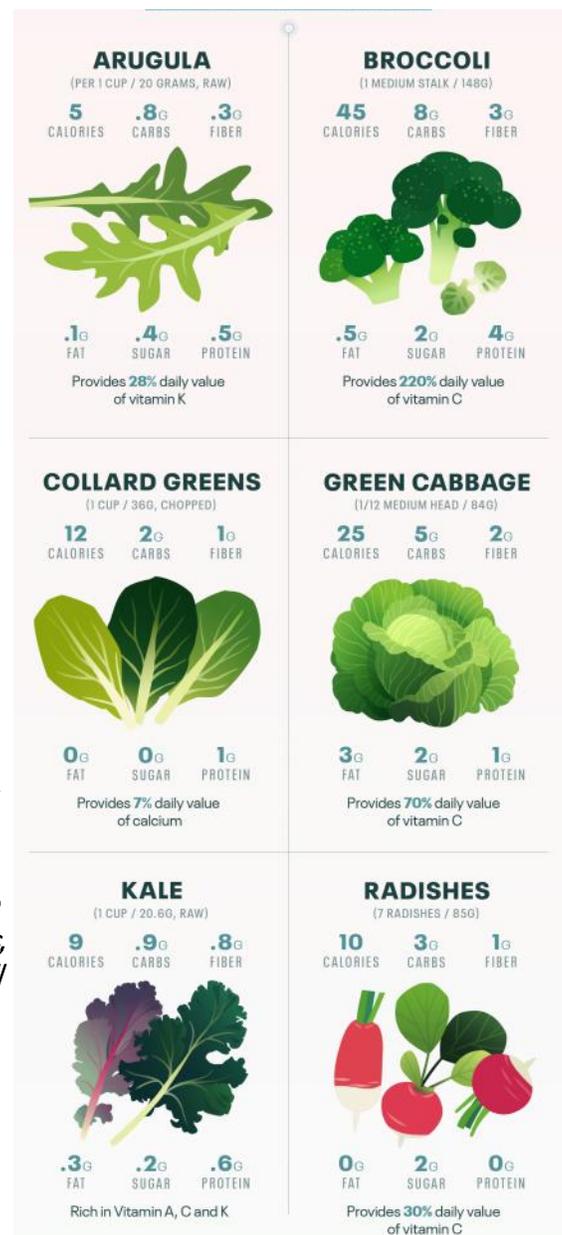
When you were young, you likely heard your parents tell you: "Eat your vegetables. They are good for you." There is strong evidence to support your parents' rationale for encouraging you to eat them. One particular group of vegetables known as cruciferous contains a potent phytochemical called sulforaphane, a powerful antioxidant and anti-inflammatory, which aids in the prevention and treatment of several types of cancer. In addition, some studies show a correlation between consuming vegetables high in this phytochemical with a reduction in depression, improved pain management, reduction in obesity and improved conditions related to cardiovascular disease.

These superfoods include:

- ◆ Arugula
- ◆ Broccoli
- ◆ Brussels sprouts
- ◆ Cabbage
- ◆ Cauliflower
- ◆ Kale
- ◆ Radishes
- ◆ Turnips

*The calories for these powerful vegetables range from a high of 14 calories per ounce to a low of 5 calories per ounce. Consuming these types of vegetables, which are high in fiber and are nutritious, support a healthy diet and will help reduce obesity.*

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/superfoods-why-you-should-eat-cruciferous-vegetables>



# Delicious & Nutritious

## EGG ROLL IN A BOWL

Here's an easy recipe packed with several cruciferous vegetables! (Serves 6)

1 tablespoon olive oil  
½ cup onion, diced  
1 garlic clove, minced  
1 12 oz block extra-firm or firm tofu, drained & pressed dry  
½ cup celery, chopped  
½ cup broccoli, chopped  
½ cup cauliflower, chopped  
½ cup cabbage, shredded  
½ cup peppers, sliced  
½ cup mushrooms, sliced  
1-10 ounce can of diced tomatoes with green chiles  
2 tablespoons balsamic vinegar



- ⇒ Prepare the tofu by draining it, and then pressing it for 15 to 30 minutes. Pressing the tofu squeezes excess water out so that the tofu can become more flavorful.
- ⇒ Sauté onions and garlic in oil over medium high heat for about 5 minutes until the onions turn translucent and begin to brown.
- ⇒ Reduce the heat to medium and use your hands to crumble the tofu into the pan. Cook for about 5 minutes until the tofu begins to brown. Tip: don't stir the tofu too much, let it cook for a couple of minutes without stirring so that the bottom can brown. Stirring too often will make it difficult for the tofu to brown.
- ⇒ Add the rest of the vegetables, canned tomatoes, and vinegar. Cover and cook until tender.
- ⇒ Nutritional information per 1 cup serving: Approximately 113 calories

<https://www.chelseasmessyapron.com/egg-roll-in-a-bowl/>

### 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

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

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