



Healthy Living Digest



Better Health Fall Issue

Four Ways to Eat Healthy During the Holiday Seasons!

The holidays are a time for us to gather with family and friends to celebrate. For better or worse, with celebration comes food. If you have been working very hard at eating healthy, losing weight, or maintaining your weight, this may be a difficult time for you. The last thing we want to do is over-indulge in all the delicious food that surrounds us during the holiday season. What are some things you can do to avoid over-eating and sabotaging all your hard work?

Prepare Yourself Before the Party

By eating a light, healthy snack before leaving your own house, you can set yourself up to make better choices. Try a low-fat yogurt, fresh fruit, or a small bowl of whole-grain cereal with skim milk.

Bring a Healthy Holiday Food

If you are hosting the party, you have control of the ingredients that are added to the favorite holiday recipes - but as a guest, it is not as easy. Most hosts will welcome an additional dish, and the other guests may enjoy having a healthier option to choose. Consider a simple dish like roasted string beans, or if you offer to bring dessert, consider a pumpkin pie without the crust or baked apples.

Be Mindful during the Party

The first thing you should do is remember what the celebration is about. Your mind should be focused on enjoying the time with your family and friends. During mealtime, fill your plate up mostly with vegetables. Choose items that are your favorite in smaller portions, and eat slowly to savor every bite.

Avoid drinking beverages that are high in

sugar and calories, or at least limit your intake to a single drink. Try consuming water with a lemon or lime, skim milk, or diet / sugar-free beverages. Come to the party with a game plan. Make a list of your favorite foods and avoid overeating by eliminating the foods in which you enjoy the least. Brian Wansink, PhD, author of *Mindless Eating*, suggests putting only two items on your plate when you go to the food table. Return as many times as you like, but only take two items each time. "Variety stimulates appetite"

Keep Moving

One great way to avoid snacking throughout the party is to plan fun activities to participate in with other guests, such as games or making crafts. This time of the year should be enjoyable. However, you need to keep physically active, maybe now more than ever. Physical activity reduces stress and gives us more energy. Try fitting in a workout before the party because, more likely than not, you will be tired from all the celebrating afterwards. During the party, go on a brisk walk with some of your family and friends.

Cold vs. Flu?

The influenza virus causes the flu, and since just a few variants of the virus exist, it's become relatively easy to prevent, with a flu shot, or treat once you've got it. Colds can be trickier. The rhinovirus is often responsible, but more than 200 other viruses can trigger the common cold—which means anti-viral prescriptions aren't typically an option. Instead, over-the-counter symptom-relievers and home remedies are your best bet. Always remember to consult with your doctor and stay hydrated.

It's a cold if...



Healthy Living Digest



Better Health Fall Issue

"The symptoms are predominantly above the neck," explains E. Neil Schachter, MD, author of *The Good Doctor's Guide to Colds and Flu*. Runny nose, cough, watery eyes, sore throat, congestion, and sneezing signal a cold, and these unpleasant symptoms often build up over a day or two. "You may feel achy or have a fever, but these will be *much* less severe than with the flu," says Dr. Schachter.

What to do...

If your symptoms worsen, go to your local pharmacy or your local health food store. Saline nasal spray is a healthy way of keeping the nasal passage clear of mucus. Nasal passages are where the virus replicates and enters into your system. Vitamin C is the way to go. Drinking orange juice or slicing an orange can give you just the boost you need.

It's the flu if...

It hits you like a bolt of lightning. Chills, fatigue, muscle aches, and tightness of the chest are also characteristic of the flu. You might have a cough, or a runny nose, but you're less likely to suffer from upper respiratory symptoms than you are with the cold.

What to do... Treatment will reduce the intensity of symptoms, hasten recovery, and significantly decrease the chances of you developing complications such as pneumonia or bronchitis.

It is important for everyone to be properly vaccinated against influenza, most importantly however are the elderly and young children. During the flu season, 90 percent of deaths occur in people over the age of 65.

Don't delay, get your flu shot today!

Smoked Turkey Chili Verde

¾ pound lean ground turkey breast
1 large onion, chopped
1 green bell pepper, chopped
3 garlic cloves, minced
1 (12 oz.) jar of low-sodium tomatillo salsa (such as Garlic Survival Co.)
¾ cup of water
2 chipotle peppers in adobo sauce chopped (optional)
1 tsp ground cumin
1 (15oz.) can of no salt added black beans, rinsed, and drained
½ cup of chopped fresh Cilantro
6 tbsp. of shredded reduced-fat Cheddar Cheese
6 tbsp. thinly sliced scallions

Preparation: Spray a large nonstick saucepan with cooking spray and set over medium-high heat. Add turkey, onion, bell pepper, and garlic and sauté. Breaking up the turkey with a wooden spoon, stirring occasionally, until the turkey is browned and the vegetables are softened. This should take approximately 10 minutes.

Add salsa, water, chipotle peppers, and cumin, bring to a boil. Reduce heat and simmer and cover, until the flavors are blended and the chili thickens slightly. This should take approximately 30 minutes. Stir in beans and return to a boil. Reduce heat and simmer. Remove from heat, stir in cilantro. Top each serving with 1 tbsp. of cheese and 1 tbsp. of scallions and serve.

Calories: 190

Serves: 6 bowls

Cook Time: 55 minutes