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## Nutritious Bites

### Having a Healthy Holiday

By Mary Grider, Nutrition Educator

When it comes to holiday eating, many people find that they just can't say 'no' to all the traditional comfort and specialty foods. But you can still eat your favorites and have a healthy holiday with a few simple adjustments.

- When possible, avoid excess salt. Use herbs or things like garlic or onion, which add lots of flavor without the sodium.
- When eating turkey, avoid the skin, which is just adding fat and calories to your plate.
- If you are making gravy, forgo the added butter and just use the pan drippings with the excess fat skimmed off. It will be just as tasty without the added fat.
- If you love stuffing, again, hold the extra butter and use broth to moisten (look for a lower salt version).

Keep an eye on your sugar consumption, also. Certain side dishes, like sweet potatoes, are naturally sweet. So rather than adding excess sugar to the dish, reduce the amount you would normally use or find a recipe with more natural sweetness.

Holiday parties and potlucks can often be hazardous to your healthy eating plan. It's just so hard to resist the many offerings, but try this one tip:

Walk down the buffet without your plate and look to see the foods you don't want to leave without eating. Then, when you pick up your plate, you'll know what's there and not fill your plate with foods you don't really care to eat!

And remember, moderation is key to not feeling deprived. Eat what you love, just in much smaller quantities.

For more tips, visit

[http://www.eatingwell.com/search/pachesolr\\_search/holiday%20tips](http://www.eatingwell.com/search/pachesolr_search/holiday%20tips)

## Recipe of the Month

# Pumpkin Pie Smoothie

Serves 2



Can't get enough pumpkin flavor this holiday season? This simple smoothie provides a boost of vitamins A and C, potassium, and fiber.

### Ingredients

- 1 banana
- ¼ cup vanilla Greek yogurt
- ¼ cup pumpkin purée
- ½ cup low-fat or fat-free milk (or to desired consistency)
- Pinch of ground cinnamon (or to taste)
- Pinch of ground ginger (or to taste)
- 8 cubes ice (or to taste)

### Directions

Add all ingredients to blender and purée until smooth.

Recipe and picture courtesy of:

<http://allrecipes.com/recipe/244840/pumpkin-pie-smoothie-for-2/>

## Keep on Moving

# Active Holiday Planner

As the holiday season approaches, it's easy to put exercise on the back-burner (until January, right?). Follow these tips to stay active even when your schedule gets busy during the holidays:

- Find easy ways to walk more – park the car farther away from the door at stores, or do a lap around the mall before starting your shopping.
- Plan a family walk after the holiday meal – everyone will benefit from this family time together.
- Pack resistance bands if visiting family so that you'll be ready to fit in a few strength training exercises in the morning or evening.
- Do a few chair stretches while waiting at the airport for a flight, and be sure to stretch periodically on longer flights (this also helps prevent deep vein thrombosis).

You can easily find ways to stay active during the holiday season if you plan ahead.

## Monthly Chair Exercise

# Chest and Upper Back Stretch

This stretch will help you release any tension in your shoulders and upper back.

In a seated position with good posture and shoulders back and down away from the ears, extend your arms out in front of you at shoulder height. Interlace the fingers or grasp one hand with the other, and press as you round the upper back and shoulders forward, feeling the upper back fan out. Hold for 10 seconds and release.

For the shoulders, pull extended arms back behind you and interlace the fingers or grasp one hand with the other, keeping your hands down toward the buttocks. Feel the chest and shoulders open up as you pull your shoulders back. Hold for 10 seconds and release. Repeat the upper back and chest stretches.

### Chest and Upper Back Stretch



For more exercises, visit the following link:  
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

## Living Better

# Beating Holiday Stress

Many times, the busy holiday season can bring on unwanted stress. Also, memories of friends or relatives who have passed away and feelings of loneliness can make our lives feel less “merry and bright.” Below are some ideas to help you manage these times:

- ★ Get some sun (outside or in a sunny window). This can help prevent a type of depression called Seasonal Affective Disorder (SAD).
- ★ Walk or do some kind of exercise, which can help boost your mood.
- ★ Don't try to do it all. If you are hosting, see if you can get help with cooking or clean up. Your chances of actually getting help are improved if you ask family or friends personally.
- ★ Start new traditions if the old ones are causing too much stress. Let someone else host the dinner or have a pot luck dinner.

- ★ Listen to your favorite music to help yourself relax.
- ★ Don't over schedule your time.
- ★ Schedule in specific times to rest and recharge.
- ★ If you find you are lonely, plan something fun to look forward to or find someone who is also alone to share your time with.

The holidays can still be the best time of the year if you plan ahead to deal with the stress that you know will come. Enjoy each moment with gratitude!

**For more tips to help you beat holiday stress, visit:**

<http://www.health.com/search/site/holiday%20stress>

## Medication Manager

# Knowing Your Medications

Any time you leave your home it's important to bring a copy of all of your medications. If you become ill or have an accident, it is important that emergency medical professionals have access to your medication information. This can help them treat you more appropriately. Be sure to include the following information on your list:

- ✓ Name of **all** of your medications (including over-the-counter medicines, supplements, vitamins, creams, ointments, eye drops, etc.)
- ✓ Name of doctor who prescribed the medicine
- ✓ Dosage (mg. and number of pills taken per day)
- ✓ Date when the medication was started
- ✓ Reason for taking the medication
- ✓ Color and shape of your medication
- ✓ Any known drug allergies

Some doctors' offices will give you a card to fill out. You can keep a card with this information in your wallet – just be sure to update it regularly.

### Matter of Balance Classes

Newton County Senior Center  
Covington, Georgia  
Tuesday's, 9:00 a.m. – 11:00 a.m.  
January 24 – March 14, 2017

### Live Strong, Live Long

More classes coming in 2017!

Have an event you'd like to include?  
Want to offer one of our workshops in your community?  
E-mail Whitney ([web1975@uga.edu](mailto:web1975@uga.edu))

Check out our new web site for a list of all upcoming programs!

<http://www.negahealthmatters.org>

Upcoming Events

# Test Yourself

## Examining Your Habits

### How am I doing?

1. I currently eat \_\_\_\_\_ servings of fruits most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
2. I currently eat \_\_\_\_\_ servings of vegetables most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
3. I currently eat \_\_\_\_\_ servings of whole grain products most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
4. I currently have \_\_\_\_\_ servings of milk or other dairy products most days of the week (circle one)  
a. Less than 1 serving    b. 1-2 servings    c. 3 or more servings
5. I limit the amount of sodium or salt I eat (circle one) Yes    No
6. I limit how much sugar or sweet foods I eat (circle one) Yes    No
7. I have a plan to keep active during the holiday season (circle one) Yes    No
8. I have a plan to manage stress this holiday season (circle one) Yes    No
9. I keep an updated list of my medications with me at all times (circle one) Yes    No

### What do I want to change?

This month, I want to do the following to improve my health and well-being:

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On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1      2      3      4      5      6      7      8      9      10

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### Questions or Comments? Contact us!

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