



From the Food Bank Kitchen

Healthy Eating for the New Year

Millions of New Years resolutions are made every year on January 1st. One of the most common pledges is to eat healthier or to lose weight. Instead of focusing on a strict 'diet' that is hard to maintain for an extended time and leaves you feeling deprived, try focusing on small steps toward eating healthier. Making improvements in the quality of food we eat and increasing activity can lead to weight loss, without making it the main focus. Here are some tips to help you set a few realistic goals that may be able to be kept up all year long.

Steps to a Healthy Lifestyle

Keep a food journal: "If you bite it, write it. If you drink it, ink it" is a Weight Watchers® program credo. Keeping a food journal helps you become more aware of what you are eating. Write down when, what, and how much you are eating for a few days, then review to help spot problem areas in your diet that you might want to change. This is an important first step toward developing healthier habits. Eating regular meals 3 times per day is key to managing cravings and blood sugar.

Make a grocery list: Always go into the grocery store prepared. Make a grocery list and STICK TO IT! Avoid shopping on an empty stomach. Make sure your list is full of colorful produce, lean protein (chicken, fish, beans, soy, lean beef), heart-healthy fats (peanut butter, almonds, olive oil, avocado), whole grains, and low fat dairy options. If you can resist over-doing how much you take of a favorite food, keep one or two treats around to enjoy ONE PORTION of (using serving size listed on the label), such as granola, an ice cream novelty, dark chocolate, baked whole grain chips, or light ice cream. However, if you can't stop yourself from eating a half gallon of ice cream in 1-2 days, it may be best not to bring it home from the store.

Get moving: Physical activity isn't just for those who want to lose weight. To keep heart, mind, and body healthy, most people should move for 30 minutes or more, 5 times a week if approved by their doctor. Start with 5 to 10 minutes at a time, and gradually increase the time to however long you can handle comfortably. Walk your dog (or just yourself!), take a bike ride, dance to your favorite music at home, try an exercise class at your local gym or senior center, pick up a workout DVD at the store or library, or check out online options on YouTube! Every little bit counts.

Try something new: Make eating healthy fun by trying something new this year. Take up a new hobby, develop a new workout habit, or try unfamiliar foods and recipes to add some variety and novelty to your everyday routine.

Looking for a tasty appetizer or heart-healthy main course? Try the salmon recipe below, adapted from allrecipes.com.

Easy Baked Salmon Cakes

(6 servings)

- 1 (14.75 oz) can pink salmon, drained and flaked
- 2 large eggs, beaten
- 1 Tbsp olive or canola oil
- 1 yellow onion or 2 scallions, chopped
- 2 cups crushed cracker crumbs (Ritz, Townhouse or saltines all work), divided in half
- ½ tsp garlic powder
- 2 Tbsp lemon juice or ½ tsp lemon pepper

Nutrition Facts per 2 patty serving: Calories 220, Fat 8 gm, Saturated Fat 2 gm, Sodium 460 mg, Carbohydrate 20 gm, Fiber 1 gm, Protein 16 gm

Directions: Preheat oven to 375°F. In a medium bowl, mix together salmon, eggs, oil, onions, or scallions, and 1 cup of the cracker crumbs. Season with lemon juice or lemon pepper. Form mixture into 12 patties*. Coat patties with remaining cracker crumbs, and arrange in a single layer on a sprayed baking sheet OR in muffin tins if desired. Bake 10-15 minutes in preheated oven, turning once, or until golden brown on both sides.

*To serve as an appetizer, try forming mini-size patties or baking in a mini-muffin pan.

SEE REVERSE SIDE FOR MORE HEALTH TIPS AND RECIPES

Take a trip to your primary care provider: Having a routine physical once a year can help your body function at its best. Visiting your doctor, PA or NP gives you a chance to review your body's successes and challenges, and pinpoint what issues need to be addressed before they become more significant problems. Elevated blood sugars, high triglycerides or cholesterol, or high blood pressure can increase risk of stroke or heart attack. You can discuss ways to help get these areas under control through medication and/or lifestyle changes. For instance, becoming aware of having prediabetes and making changes to your eating style may help prevent a diabetes diagnosis. Most insurances now cover referral to a **Registered Dietitian**, who can provide personalized coaching to guide you. Finally, your provider could pick up on early signs and provide screening for certain cancers which have a significantly higher cure rate when detected early.

Maintain proper hydration: Make sure to drink enough water throughout the day; 6 cups or more. Be cautious of fluids with added sugar or fat as they provide a significant amount of calories. (Note: 4 gm sugar = 1 tsp). For example:

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| • Dunkin Donuts small Strawberry Coolatta | 230 calories, 57 gm (14 tsp) sugar |
| • Dunkin Donuts large Iced Caramel Mocha Latte w/ milk | 450 calories, 67 gm (17 tsp) sugar, 8 gm saturated fat |
| • Coca Cola, 20 oz bottle | 240 calories, 65 gm (16 tsp) sugar |
| • Starbucks 16 oz "Grande" Peppermint Hot Chocolate | 390 calories, 59 gm (15 tsp) sugar, 5 gm saturated fat |
| • Dunkin Donuts medium Vanilla Swirl Coffee w/ cream | 260 calories, 36 gm (8 tsp) sugar, 5 gm saturated fat |

It is recommended that men take eat no more than 9.5 teaspoons (150 calories, or 38 gm) and women no more than 6.5 teaspoons (100 calories, or 26 gm) of added sugar daily (this doesn't include naturally occurring sugars in fruit, veggies, or dairy products). The average American consumes over 25 teaspoons of added sugars a day. If you drink juice, try to limit amount to 8 ounces per day. There is evidence that high intake of added sugars may raise the risk of obesity, heart disease, diabetes, and gout. Sugar calories tend to be "empty" calories as well, providing little to no nutritional value.

Start cooking: Cooking at home instead of eating out may help reduce fat, sodium, and calorie intake. If you prefer convenience foods, try buying healthy options like bags of individually frozen chicken breasts or microwavable bags of frozen vegetables, then go online for quick free recipes. If you prefer prepared meals like canned soups or frozen meals, compare nutrition labels to help choose items that are lower in fat and sodium. If using canned vegetables or beans, rinse and drain them to reduce sodium content. When eating out, choose non-fried menu items and look for dishes that include chicken, fish, vegetables and whole grains. Check posted nutrition info if available, to help you make healthier choices.

Healthier Hot Wings

Makes 2 servings

Source: www.recipessparkpeople.com

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| • ½ c whole-wheat bread crumbs | • 1 tsp cayenne pepper |
| • 8 oz boneless, skinless chicken, cut into bite-size chunks | • 1 tsp ground black pepper |
| • 2 Tbsp hot sauce | |
| • 1 tsp onion powder | |
| • 1 tsp garlic powder | |

Nutrition Facts: Calories 211, Fat 3 gm, Sodium 295 mg, Carbohydrate 16 gm, Fiber 2 gm, Protein 29 gm

Directions: Preheat oven to 375°F. Place bread crumbs in a pie pan, add seasonings and mix well. Place chicken pieces in a separate dish, cover and toss with hot sauce. Spray a sheet pan with non-stick spray. Give each piece of chicken a shake, and then coat it evenly with the crumbs. Use one hand for the wet ingredients and one for the dry ingredients so that the bread crumbs will not clump. Place the chicken on the sheet pan. Bake for 10 minutes, then turn over. Flip and bake for an additional 7-8 minutes or until fully cooked.

Raspberry Orange Spritzer

Makes 4 (1 cup) servings

Source: Big Y Living Well, Eating Smart

- 2 c orange juice
- 2 c plain or fruit flavored seltzer water
- ½ c raspberries, fresh or frozen

Nutrition Facts: Calories 70, Carbohydrate 16 gm

(To reduce sugar, try mixing 1 cup OJ with 3 cups seltzer)

Directions: Rinse fresh raspberries in water. (If using frozen raspberries, leave out at room temperature for an hour to thaw). Place raspberries in a 1-2 quart pitcher and crush against bottom and sides of pitcher with a wooden spoon. Add orange juice and seltzer water. Garnish with whole raspberries or a twist of lime if desired.