

HEALTHY LIVING

Wellness Newsletter from **AAOA**

November 2013



Holiday Meals

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Crunchy Pumpkin Pie

This low-fat pumpkin pie has a nutritious crust made from heart-healthy oats, whole-wheat flour and ground almonds.

Ingredients

Crust:

- 1 cup quick-cooking oats
- 1/4 cup whole-wheat flour
- 1/4 cup ground almonds
- 2 Tablespoons brown sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 3 Tablespoons canola oil
- 1 Tablespoon water

Filling:

- 1/4 cup packed brown sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 4 teaspoons vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated fat-free milk

Preparation

Preheat oven to 425 degrees F.

Mix oats, flour, almonds, brown sugar and salt together in small mixing bowl. Blend oil and water together in measuring cup with fork or small wire whisk until mixed. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.

Press into a 9-inch pie pan and bake for 8 to 10 minutes, or until light brown. Turn down oven to 350 degrees F.

Mix brown sugar, cinnamon, nutmeg and salt together in a bowl. Add egg and vanilla and mix to blend ingredients. Add pumpkin and milk; stir to combine.

Pour into the prepared pie shell. Bake for 45 minutes at 350 degrees F or until knife inserted near the center comes out clean.

Nutrition Facts

Yields 9 Servings

Amount Per Serving

Calories 177g	Saturated fat 1g
Fat 7.5g	Protein 3g
Sodium 153mg	Carbohydrates 20g
Cholesterol 22mg	Fiber 2.5g



Cold or Flu: Which bug has you down?

**Sniffles, aches, fever,
fatigue, coughing.**

Q. How do cold and flu symptoms differ?

A. It is often a matter of how bad they are. You might feel sick with a cold but downright miserable with the flu. Also, cold symptoms generally develop slowly — while the flu tends to hit fast and hard.

If it's a cold, you may have a sore throat, sneezing, and a stuffy or runny nose. With the flu, you are more likely to have a fever, chills, headache, coughing, body aches and fatigue. However, those symptoms can overlap — and it is not always easy to tell the difference.

Q. What treatments help?

A. For both a cold and the flu, be sure to get plenty of rest and enough fluids. You might consider over-the-counter medicines for aches, fever and congestion. Read labels closely — and talk with your doctor or pharmacist — to make sure a medicine is appropriate for you.*

Also, be careful to avoid double-dosing. Some cold and fever products have the same active ingredients — and taking too much can be dangerous.

Q. Should I call my doctor?

A. That's usually not necessary for a cold if you're an otherwise healthy person, but it may be a good idea for the flu. Early in the illness, doctors can prescribe antiviral drugs to treat influenza. They can be especially important for people who are very ill — or who are at high risk of serious complications from the flu, such as:

- Pregnant women
- Young children
- Adults 65 and older
- People with weakened immune systems or chronic health conditions, such as asthma, diabetes, and heart or lung diseases.

Of course, if you have questions — or your cold or flu symptoms are getting worse — it never hurts to check in with your doctor.

**For safety's sake, do not give over-the-counter products to children without checking with the doctor first. Some medicines could have serious, even life-threatening, side effects.*

Fun Fact

Transforming High-Calorie Holiday Fare

A traditional holiday dinner of turkey, stuffing, other dishes and desserts can exceed 2,500 calories and 130 grams of fat. That's just for one meal. This is more calories than you should consume in a whole day.

Holiday Meals

How to Keep Your Heart Healthy (and Your Waistline Trim) at Holiday Meals

The typical holiday meal is laden with fat: gravies made with meat drippings, mounds of creamy mashed potatoes, and your favorite pies. American adults usually gain one to two pounds each year, including slightly less than one pound during the holidays alone.

But there are ways to de-fat holiday meals and keep your arteries and your taste buds happy.

De-fat Your Gravy

Try pouring meat drippings into a container ahead of time and then refrigerating. The fat rises to the surface so you can peel it off.

Nix the Butter

Try adding a little brown sugar, cinnamon and nutmeg to your sweet potatoes instead of butter. Bake them in a nonstick pan.

Remove the Skin

A 3 1/2 ounce serving of roast turkey breast with skin has 197 calories and 8.3 grams of fat. Without skin, it has 157 calories and 3.2 grams of fat.

Bring out the Fruits and Vegetables

Focus on pumpkin, carrots, sweet potatoes or other orange vitamin-packed vegetables. Greens such as broccoli, spinach and collard greens all pack vitamin power too. Serve colorful raw veggies with low-fat dip as an appetizer.

Make Smart Substitutions

Use fat-free, low-sodium chicken or vegetable broth to moisten dressing. Use olive oil in place of butter or margarine. Mash potatoes with nonfat sour cream and low-fat milk. Use fat-free non-dairy creamers or evaporated skim milk instead of cream when you bake.

The Benefits of Exercise

Take a walk after dinner, or exercise sometime during the day to offset meal calories. Several studies have shown that moderate exercise after a fatty meal helps prevent fat from affecting your arteries. Take a 45-minute walk two hours after a high-fat meal or three 10-minute walks over a three-hour period. Always check with your doctor before you increase your activity level, especially if you have medical problems or have been inactive. So, enjoy your meal, but prepare it with less fat and walk it off afterwards. Your arteries and your waistline will thank you.

Artichoke and Parmesan Spread

This classic spread maintains its rich flavor with far less of the usual fat. Serve with cut-up pieces of whole-wheat pita or whole-grain crackers.



Ingredients

- 1 can (14 oz.) artichoke hearts, drained
- 1 cup freshly grated Parmesan cheese
- 1/4 cup reduced-fat mayonnaise
- 2 cloves garlic, finely chopped
- 1 tsp freshly grated lemon zest
- Dash of cayenne pepper
- Salt and freshly ground pepper to taste

Preparation

Preheat oven to 400 degrees F. Place artichoke hearts in the center of a clean kitchen towel; gather up the ends and twist firmly to extract all the moisture.

Combine the artichokes, 1 cup Parmesan cheese (all but 1 Tablespoon), mayonnaise, garlic, lemon zest and cayenne pepper in a food processor. Process until smooth, scraping down the sides of the bowl. Season with salt and black pepper.

Spread the mixture in an even layer in a small ovenproof gratin dish. Sprinkle with the remaining 1 Tablespoon Parmesan cheese and bake until the top is golden, about 15 minutes. Serve warm.

Nutrition Facts

Yields 20 Tablespoons

Amount Per Serving

Calories 31g	Saturated fat 1g
Fat 2g	Protein 0.7g
Sodium 109mg	Carbohydrates 2.5g
Cholesterol 3mg	Fiber 1g

Hand Washing

Polish Your Sink Skills

One of the best ways to stay well is as simple as it gets: wash your hands.

It's an easy and effective way to fight germs. Hand-washing can help you avoid catching — and spreading — colds, the flu, food borne illnesses and other nasty bugs.

Step up — scrub up!

OK, we've all done the "dip and dash," but for hand-washing to kill germs, you need to do a thorough job. Good old soap and water is the best way to get rid of those bugs.

At the sink, follow these steps to get the upper hand on germs:

1. **Wet your hands.** Use warm or cold running water.
2. **Lather up.** Apply some soap. Then, rub your hands together.
3. **Scrub for at least 20 seconds.** Get the backs of your hands, between your fingers and under your nails, too.
4. **Rinse well.** Carefully wash away the suds — and germs — under running water.
5. **Dry off.** Use a paper towel, a clean cloth or an air dryer. If possible, use your paper towel to turn off the faucet and open the door.

Timing is everything

To keep germs at bay, wash your hands often — especially:

BEFORE	AFTER
<ul style="list-style-type: none"> • Eating • Preparing food or setting the table • Caring for a sick person or treating a wound • Putting in or removing contact lenses • Holding a newborn • Setting out cookies at a company meeting 	<ul style="list-style-type: none"> • Using the toilet • Changeing diapers or wiping a child • Blowing your nose, coughing or sneezing • Touching pets or their food or cleaning up after them • Emptying the trash • Being around someone who is ill • Touching raw meat or eggs • Returning from stores or other crowded places • Shaking hands at a networking event

A helping hand

If you have little ones, teach them how and when to wash their hands. It's a habit worth passing along!

And, here is a little tip: Have them hum the "Happy Birthday" song twice to help them remember to scrub for at least 20 seconds.

NOVEMBER WELLNESS TIP



Sheridah Bennett
(AAOA Wellness Champion)

Wellness Tip

Feeling Fried?

Are you feeling caught up in the holiday frenzy? Take a few minutes to list five things that you are most thankful for. This will help to redirect your mood and your focus during the holidays.

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