

PAYNE COUNTY HEALTH NEWS

Financial

THE HOLIDAYS ARE UPON US!

Have your Diet & Eat Cake Too!

The holidays are a time to enjoy friends, family and food. And contrary to popular belief, you can have all three without putting on the extra pounds!

On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows it tends to stick and accumulate over the years. Luckily, those pounds can be avoided through mindful eating in moderation and a few simple strategies.

In preparation for a big holiday party or feast, do not skip meals throughout the day as this may result in overeating. It is especially important to have breakfast as research shows that those who eat this important morning meal tend to consume fewer calories throughout the day. Include lots of fiber in your diet by eating fruits, vegetables and whole grains. High-fiber foods are high in volume and will satisfy hunger, but are lower in calories.

Holiday meals tend to be large, buffet-style and include second and third helpings. While one might not eat an entire cake, a common mistake is eating large portions of foods that are perceived as healthy. It's important to include nutrient-rich foods in your diet, but also remember that these foods have calories as well and should be eaten in moderation. Using this approach at the holiday dinner table will allow you to maintain a healthful eating plan — one that can also include dessert.

There are many strategies to help you avoid overeating. Using a smaller plate, for instance, allows you to put less food on your plate and encourages proper portion sizes. Also, start by filling your plate with vegetables and salad before going to the entrees and desserts. Eating a salad before your meal can help you eat fewer calories overall. Eat slowly and savor every bite, and before you go back for seconds wait ten minutes to see if you really are still hungry.

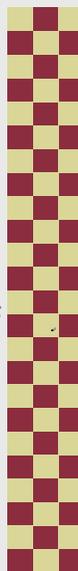
Finally, after dinner, get some physical activity. This is a great time to go for a walk and catch up with family members, or you can play catch or a game of basketball with the kids.

From the Academy of Nutrition and Dietetics website <http://www.eatright.org>



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Maintain, Don't Gain these holidays!



Wondering how to capitalize on your Walktober success? Try a Maintain, Don't Gain campaign to help your employees avoid the holiday weight-gain. The point of this challenge is not to lose weight, but simply maintain during this traditionally food-centric time of year. The challenge can be as simple as a pre & post weigh-in or involve teams, prizes, and activity tracking. Most Maintain challenges start mid-November and run through January 1st.

November Race Spotlight

Daddy Long Legs 5k
Thursday November 27th, 9am
Wentz Camp & Pool
2932 LA Cann Dr
Ponca City
Call 580.767.0430
5k & 1m fun run

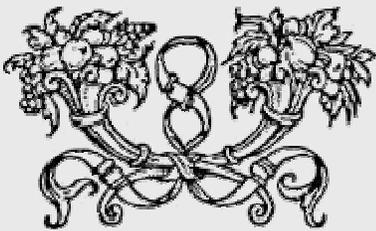
Visit the "Healthy Business" tab of the Kay County Health Department's website to find tracking sheets for your own

Maintain, Don't Gain program!

Payne.health.ok.gov

More information under the
"Healthy Business" tab on the
Kay County Health
Department website:
kay.health.ok.gov
Questions?
Anna Stuck
annas@health.ok.gov
405.372.8200 x291

**RECIPE
ROUND
UP**



Oven Roasted Okra

Ingredients:

- 1 pound of okra pods, whole
- Olive oil
- Garlic, minced (garlic salt or powder is also OK)
- Salt and pepper to taste

Instructions:

Preheat oven to 400. Brush pods with olive oil and season with garlic, salt and pepper. Roast at least four minutes and then turn the pods over for another four minutes.

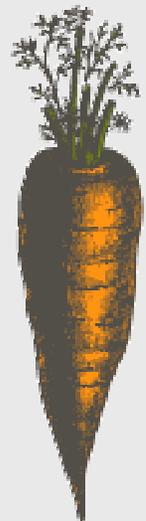
Sweet & Spicy Pumpkin Fries

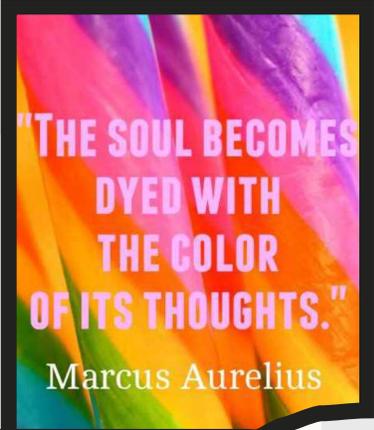
Ingredients:

- 1 pie pumpkin, peeled, seeded and cut into ½ inch fries
- 1 Tbsp. pure maple syrup
- 1 Tbsp. Sriracha (less if you don't want as much spice)

Instructions:

Preheat oven to 400 degrees. Spray large baking sheet with oil. Toss pumpkin fries, maple syrup and Sriracha in a large bowl. Arrange in single layer on baking sheet. Roast for 35 minutes, flipping fries halfway through. Enjoy with a glass of water close by.





If you want radiant, healthy skin, the right nutrition will keep you looking your best. Make sure you get plenty of these skin-nourishing nutrients and take a look at your digestive health to help you get that healthy glow from the inside out.

EAT HEALTHY LOOK HEALTHY



CHOW DOWN FOR HEALTHY SKIN

Vitamin A

is important for overall skin health. It's found in carrots and low-fat dairy products.



Vitamin C

helps fight wrinkles. Get a healthy dose in sweet potatoes, winter squash, melons, and citrus fruits.



Omega-3 Fatty Acids

nourish the skin and help regulate oil production. You can find them in fish and flax seed.



Probiotics

These healthy bacteria can help bring balance to your digestive tract.

Digestive Enzymes

You want to get as much nutrition from the foods you eat as you can, so look for a quality digestive enzyme supplement.



Fiber

Foods rich in fiber help your digestive system remove waste.

Lycopene

can help with age-related issues cause by sun exposure. You'll want to eat tomatoes, guava, and watermelon.

Vitamin E

helps repair damaged cells. Get the benefits by eating nuts and seeds.

Foods to Avoid



- Candy and Sweets
- Trans Fats
- Salty Snacks

Source: WebMD. <http://www.webmd.com/beauty/skin-101>
Learn more at USANA.com.

