DECEMBER 2014

Payne County LIVE WELL Coalition

PAYNE COUNTY HEALTH NEWS

Financial

THE HOLIDAYS ARE UPON US!

Staying Active!

Create a new healthy holiday tradition

Cut down your own Christmas Tree

Get ready for house guests with a deep clean...

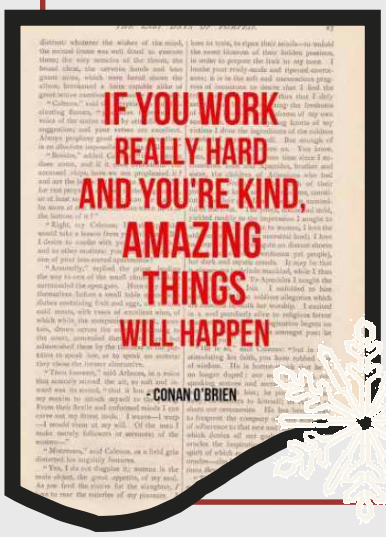
turn up some spirited Christmas tunes to pump up yourself up!

Look for a holiday fun run

psstt... Check out our Race Spotlight pg 3

Encourage house guests to bring workout clothes

christmas light-looking ...on foot!



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HELPFUL TIPS FOR HOLIDAY PARTIES

As the holidays approach, parties become numerous along with the challenge of keeping your commitment to healthful eating.

If you are hosting a gathering this holiday season you can reduce fat and calories without sacrificing taste by swapping out a few ingredients in your favorite recipes.

Using two egg whites in place of one egg can reduce the cholesterol and produce the same tasty result.

Use low-sodium, fat-free chicken broth in your mashed potatoes to add flavor and cut back on added butter or margarine.

Substitute applesauce for oil, margarine or butter in muffins and quick breads like banana bread. Try substituting a small amount at first, as the more you substitute the more the texture of the finished product changes.

For dips, sauces and pie toppings, use fat-free yogurt, sour cream and whipped topping.

Sliced almonds make a delicious, crunchy topping in place of fried onion rings.

Choose reduced-fat or low-fat cheeses for salads and casseroles.

Pack your shopping cart with plenty of fresh vegetables like sweet potatoes, winter squash, broccoli, carrots and green beans. Apples, cranberries and pears combine easily for a tasty salad, fruit crisp or topping for the turkey.

If you are a guest at a dinner party or other gathering, consider these tips to keep your night healthy, happy and safe:

If you plan on treating yourself later, start your day with a small meal that includes whole grains, fruit, low-fat or fat-free dairy and protein, such as eggs, ham or peanut butter.

Don't starve yourself beforehand. Rather, eat a small, lower-calorie meal or snack including fruit or a bagel so you aren't tempted to overdo your calorie intake for the day.

Choose carefully between foods you definitely will eat, those you will sample and those you will skip.

Don't rush to eat. Socialize and settle into the festivities before you eat.

Move your socializing away from the buffet or appetizer trays. This will minimize the unconscious nibbling.

When it comes to drinking alcohol, start with a calorie-free, nonalcoholic beverage. Satisfy your thirst before having an alcoholic drink. Moderate alcohol consumption is defined as up to one drink per day for women and up to two drinks for men.

Keep in mind, even a single drink will affect your reflexes for several hours. If you plan to drink, keep your holidays merry for everyone by designating a driver who won't be drinking.

More information under the "Healthy Business" tab on the Kay County Health Department website: kay.health.ok.gov

Questions?
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Recipe Round Up

December Race Spotlight

Jingle Bell Run/Walk

Saturday December 13th

BOK Center in Tulsa 9am

Tulsajinglebellrun.kintera.org

Costumes encouraged!

Dogs welcome!

SAUSAGE & SWEET POTATO SOUP

Ingredients:

1 tbsp olive oil
1 c chopped onion
1/2 c chopped green bell pepper
1/4 c chopped celery
1 c sliced carrots
1/2 lb spicy smoked sausage, sliced into 1/2 inch rounds
1 large sweet potato, peeled & diced (3 cups)
2 c of beef stock/broth
1 can Rotel diced tomatoes, undrained
1 can black-eyed peas
1 c tomato juice or V-8
1/4 of a small head of cabbage, sliced (1-1/2 cups)
Salt & Pepper to taste

Instructions:

Heat the oil in a soup pot or 4 to 6 quart Dutch oven over medium high heat. Add the onion, bell pepper and celery; sauté for about 4 minutes. Add the sausage and cook another 3 minutes, then add the sweet potatoes. Add the beef stock, Rotel, black-eyed peas, tomato juice, cabbage, salt and pepper; stir, bring up to a boil, reduce heat, cover, and simmer for 20 to 25 minutes or until sweet potatoes are tender.

THE MERRY MERITS OF MILK

ON CHRISTMAS EVE Santa visits more than 300 MILLION HOMES. If he enjoys a glass of milk at every stop, Santa consumes an unbelievable amount of milk's 9 ESSENTIAL NUTRIENTS.

150 billion IUs of VITAMIN A TO HELP MAINTAIN SANTA'S HEALTHY VISION

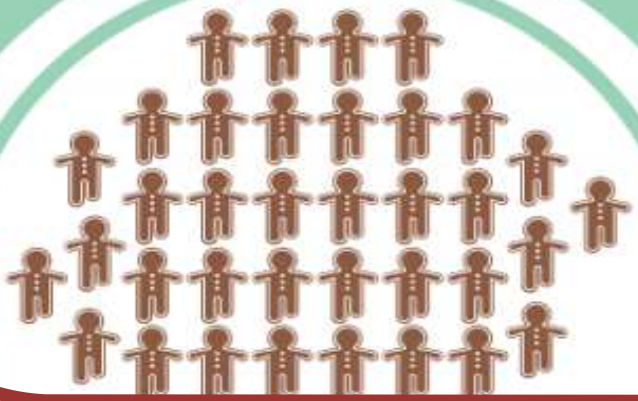
DESPITE BEING MORE THAN 300 YEARS OLD

135 MILLION mg of B VITAMIN RIBOFLAVIN to provide enough energy for Santa's 24-hour trip around the world

2,400,000,000 grams of PROTEIN TO BUILD MUSCLE FOR HIS 4,000 CONSECUTIVE "MR. NORTH POLE" bodybuilding titles

90,000,000,000 mg of CALCIUM to help keep Santa's teeth strong enough to chew 1 BILLION cookies

~ 20 MILLION



All data was determined using Santa's magic calculator.

To learn more about the real benefits of milk, go to MILKMUSTACHE.COM