

Easy Tips for Holiday Eating

1. Make a Plan – you’re not going to be able to control what food is being served but having a plan can help.

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Dish to pass? Bring a healthy dish.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don’t skip meals to save up for a feast. It will be harder to manage your blood sugar, and you’ll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

- Use a smaller plate and don’t over fill.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you’re full.
- Avoid or limit alcohol.

3. Fit in Favorites

Choose the dishes you really love and can’t get any other time of year, slow down and savor a small serving.

4. Keep Moving

Get moving with friends and family, such as taking a walk after a holiday meal. It can help make up for eating more than usual and reduce stress.

5. Get Your Zzz’s

Sleep loss can make it harder to manage your blood sugar, and when don’t have enough sleep you’ll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it’s easier to focus less on the food.

Taken from: <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

We have completed year 1 and are now starting year 2 of the project, you will be contacted soon to get your heart age screening again.

Our goals for year 2 is to connect you with one of us to be your health coach. We are here to help connect you to needed services and offer support with any health goals you have for the upcoming year.

More classes and opportunities coming in 2020!

From all of us at District Health Department #10 and the Live Well for your Heart project we wish you a wonderful holiday season!

THANK YOU FOR PARTICIPATING!

Welcome!!

This is our third newsletter of this project. You are receiving this because you participated in a heart age screening with us. We look forward to continuing to get to know you more and hope that we can help you make healthier choices to keep your heart strong and live a long healthy life.

If you have any questions about this program, please contact any of us:

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Thank you again for participating in this project!

The first wealth is health”

-Ralph Waldo Emerson

A Safe Holiday Meal



Follow these simple steps to ensure a **SAFE** holiday meal

SHOP SAFELY

Keep fresh fruits and vegetables **separate** from raw meat and poultry



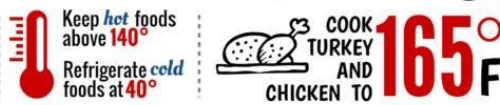
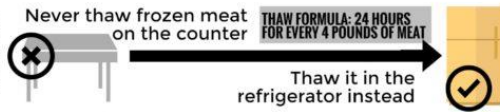
Store perishable foods quickly: within **30 minutes**



PREPARE SAFELY

WASH HANDS, SURFACES, AND UTENSILS between EACH FOOD-PREP STEP

A FOOD THERMOMETER IS THE ONLY WAY TO KNOW THAT MEAT HAS BEEN COOKED TO A SAFE TEMPERATURE!



STORE SAFELY

Store leftovers in shallow containers for faster cooling

EAT or STORE **2 hours** (cooked foods within **3** days) & eat the leftovers within days



Distributed by the Texas A&M AgriLife Extension Service

Adapted from www.holidayfoodsafety.org

TWELVE HOLIDAY SAFETY TIPS

- Keep decorations at least three feet away from heat sources – especially those with an open flame, like fireplaces and candles.
- The best decorations are safe decorations, so when you're decorating, make sure not to run cords under rugs or furniture.
- If you have a natural Christmas tree water it to keep it fresh and safe.
- Always turn off your decorations when you leave your home and when you're sleeping.
- If you're using extension cords or adapters that add receptacles, consider having a qualified electrician add more outlets to your home.
- Only use electronics in dry areas. As tempting as it is, you just can't decorate your aquarium with icicle lights.
- Remember that phones and tablets should stay on your nightstand.
- Every home needs a working smoke alarm in each bedroom, outside sleeping areas and on every level, including the basement.
- If you're using a space heater, switch it off before leaving the room.
- Inspect your decorations and discard any that are damaged or worn out.
- Keep batteries stored safely in their packaging and out of reach from small children and pets.
- The best gift for your family is an Arc-Fault Circuit Interrupter breakers or outlets. Many electrical fires that occur every year could be prevented by AFCIs.

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Staying active outside as old man winter arrives can be challenging but it has its benefits

- **No heat and humidity to deal with.** Winter's chill might even make you feel awake and invigorated.
- **You may be able to work out longer in cold weather**—which means you can burn even more calories.
- **It's a great way to take in the sunlight (in small doses).** Not only can light improve many people's moods, it also helps you get some vitamin D.
- **Exercise boosts your immunity during cold and flu season.** Just a few minutes a day can help prevent simple bacterial and viral infections.

Still rather stay indoors? Try these activities to keep active;

- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Bowling
- Roller skating
- Yoga or other fun group classes at your local gym, studio, or community center
- Stair climbing

