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**BROWARD**  
County Public Schools

# Wellness Newsletter

December 2018

*Live. Life. Well.*

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## Healthy Holidays

### Healthy Holidays, Happy You

As great as it is, the holiday season is also a bit of an assault on your health. Busy schedules make it difficult to exercise or cook healthy meals; good-natured co-workers, friends and family offer more homemade snacks and treats; holiday parties overflow with savory sides, sugary desserts and alcohol; and the stress of family gatherings can sap the energy needed to leap over these obstacles.

Let's make it through a busy holiday season with your health, your happiness and your waistline intact. First, let's address your first potential pitfall—the mood-ruining, diet-derailing, exercise-delaying effects of increased stress.

#### Your December Activity:

##### Manage Stress and Maintain Your Weight

Keep a host of useful tips in mind as you interact with friends and family. If you wish, track your weight each week and remain in control of your diet.



### Don't Let Seasonal Stress Get You Down

#### Keep your routine

Regular sleep, exercise and diet will help you feel in control and have a massive — and entirely positive — impact on your stress level.

#### Don't over-schedule

Overextending yourself doesn't do anyone any favors. Keep the peace and enjoy your time with friends and family by only agreeing to take on assignments you know you can handle.

#### Know your budget

Extra rounds of drinks and bursts of generosity add up in a hurry. Determine how much you're willing to spend in advance and stick to your decision.

#### Admit when you need support

There's never shame in feeling overwhelmed. Stress-related health issues such as depression are known to spike when our schedules are hectic and new stressors are introduced. If you need to take a break or get some help, do so. Your health and happiness is more important than a holiday triviality.



## Weight Management Tips

These simple weight management tips are good in every day practice, but it's an especially great idea to keep them in mind over the holidays.

1

**Bring your own dish to social events.**

That way you know you'll have a healthy option.

2

**Be mindful of portion size.**

You won't eat what's not on your plate.

3

**Use smaller plates and glasses.**

Sometimes your eyes are bigger than your stomach. This helps.

4

**Always include healthy choices on your plate.**

This ensures that you eat some nutrients and it reduces the real estate available for unhealthy treats.

5

**Track what you eat.**

Know when you're getting out of control.

6

**Plan ahead and continue to exercise.**

If you don't have time for your normal routine, break it up and complete it in small bursts throughout the day.





## Healthy Holiday Food Substitutes

Pumpkin pie with a tower of whipped cream - buttery mashed potatoes - fluffy homemade stuffing. We all have our own favorite comfort foods during the holiday season, and those temptations make it hard to stay in control of a diet. You can do it. All it takes is a few mental tricks and the willpower to make some simple food substitutions.

### Limit Indulgences and Maintain Your Diet

- **Fill up on the good stuff first.** Eat your fruits, vegetables and lean meats first. Slow down to let the healthy food settle and you'll be less tempted to make a big calorie splurge on a sugary dessert.
- **Eat a healthy snack or small meal before you leave.** Don't "save up" for a big meal and don't expect your will power to hold out forever, especially if you're hungry when you arrive. Get something in your stomach before you depart for a party or family gathering.
- **Control your environment.** Try to keep sweet and savory treats out of your line of sight and socialize away from the snack or dessert tables. If it's convenient, it's also a great idea to sit next to someone who is also making healthy choices and support one another.

### Simple Food Substitutions

Eat This	Not That
Fruits	Pies and rich, sugary desserts
Water or unsweetened ice tea	Sugary soda or juice
Whole grain breads	Breads made with white/enriched flour
Low-fat or fat-free dairy products	Whole milk, fatty cheeses and ice cream

**Bonus Tip:** Every meal, ease up on the gravy and fill half of your plate with healthy fruits and vegetables.



## December Recipe

### Quick and Healthy Stuffing

*Bring this tasty stuffing to ensure there's something healthy at each holiday gathering.*

**Total Time (Cook & Prep):** 60 minutes

**Servings:** 6

#### INGREDIENTS

6 pieces sourdough bread  
6 pieces rye bread  
½ cup chopped onion  
1 stalk celery  
1 red bell pepper  
3 cloves garlic  
1 sprig fresh rosemary  
1½ cup vegetable stock  
3 tablespoons coconut oil  
½ teaspoon salt  
¼ teaspoon black pepper



#### NUTRITION INFO:

325 calories  
9 g fat  
538 mg sodium  
48 g carbohydrates  
0 g fiber  
11 g protein

#### INSTRUCTIONS

1. While your oven preheats to 350°F, prep your veggies and dice the onion, celery, garlic, red bell pepper and rosemary.
2. Next, chop the bread, roughly, into 1-inch pieces
3. In a large bowl, add all of your ingredients to the bread cubes and thoroughly mix.
4. Transfer the mix into a baking dish, cover and bake for 30 minutes.
5. Remove the cover and cook for 15 more minutes (until the top is golden brown).

## DECEMBER IS

# HOLIDAY HEALTH AND SAFETY TIPS

*The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some holiday tips to support your efforts for health and safety this season.*

### Wash your Hands Often

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water, and rub them together for at least 20 seconds. Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

### Stay Warm

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers.

### Manage Stress

The holidays don't need to take a toll on your health and pocketbook. Keep your commitments and spending in check. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Make sure to get proper sleep.

### Travel Safely

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt appropriate for his/her height, weight, and age.

### Be Smoke-free

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW or talk to your health care provider for help.

### Get check-ups and vaccinations

Exams and screenings can help find potential problems early, when the chances for treatment and cure are often better. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for needed exams and screenings. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.

### Watch the Kids

Children are at high risk for injuries. Keep a watchful eye on your kids when they're eating and playing. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Make sure toys are used properly. Develop rules about acceptable and safe behaviors, including using electronic media.

### Prevent Injuries

Injuries can happen anywhere, and some often occur around the holidays. Use step stools instead of climbing on furniture when hanging decorations. Leave the fireworks to the professionals. Wear a helmet when riding a bicycle or skateboarding to help prevent head injuries. Keep vaccinations up to date.

Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or

other gasoline- or charcoal-burning devices inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test them once a month, and replace batteries twice a year.

### Handle and Prepare Food Safely

As you prepare holiday meals, keep yourself and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.

### Eat Healthy, and be Active

With balance and moderation, you can enjoy the holidays the healthy way. Choose With balance and moderation, you can enjoy the holidays the healthy way. Choose fresh fruit as a festive and sweet substitute for candy. Limit fats, salt, and sugary foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.

For a musical version of these holiday tips, please visit:

<https://www.cdc.gov/family/holiday/12ways.htm>

Source: Center for Disease Control (CDC)



## Cutting the Fat in Baked Goods

### Muffins, Cakes, and Quick bread

To reduce the fat by  $\frac{1}{2}$  to  $\frac{3}{4}$  in muffins, cakes, quick breads and other similar baked goods, substitute non-fat ricotta cheese or non-fat plain yogurt or pureed fruit (such as unsweetened applesauce, mashed banana or pureed prunes) for the entire amount of fat in the recipe. Add back 1-3 teaspoons of oil. For example, if the recipe calls for  $\frac{1}{2}$  cup of oil, use  $\frac{1}{2}$  cup of the ricotta cheese or plain yogurt and 1-3 teaspoons of canola oil.

### Cookies, Brownies, and Bar Cookies

You can reduce the fat in cookies, brownies and other similar baked goods by  $\frac{2}{3}$ . Substitute equal parts of non-fat ricotta cheese or non-fat plain yogurt, margarine, and non-fat cream cheese (not from a tub) for the entire amount of fat called for in the recipe. For example, if the recipe calls for 1 cup of margarine, use  $\frac{1}{3}$  cup of non-fat ricotta or non-fat plain yogurt,  $\frac{1}{3}$  cup margarine and  $\frac{1}{3}$  cup non-fat cream cheese.

### Pie Crust

To reduce the fat by  $\frac{1}{2}$  in a pie crust, substitute  $\frac{1}{2}$  of the shortening with cold non-fat cream cheese (not from a tub). Chill dough for 1-2 hours before rolling out and do not over roll. For example, if the recipe calls for  $\frac{1}{2}$  cup shortening, use  $\frac{1}{4}$  cup margarine or shortening and  $\frac{1}{4}$  cup non-fat cream cheese.

### Substitute

### Special Hints

Applesauce

Reduce the sugar in the recipe if the applesauce is sweetened.  
Mild taste doesn't interfere with final product.  
Contains more pectin which helps it keep the baked good moist.

Pureed Prunes

Especially good for chocolate desserts.

Mashed Bananas

Brown spotted ripe bananas work best and adds flavor to the baked goods.

Shredded Carrots

Good with orange and spice flavored baked goods.

Shredded Zucchini

Best in chocolate cakes.

Pureed Pumpkin or Mashed  
Sweet Potatoes

Best in spice flavored baked goods.

Non-Fat Plain Yogurt

Best if drained over night and liquid discarded.

Non-Fat Cottage Cheese

Best if it is pureed into a smooth texture.

Part-Skim Ricotta

Best in yeast breads.

Neufchatel Cheese or  
Non-fat cream cheese

Best substitute for shortening.



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