

# HEALTHY COLUMBUS

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YOU BY:

THE CITY OF  
**COLUMBUS**  
MICHAEL B. COLEMAN, MAYOR  
DEPARTMENT OF  
HUMAN RESOURCES

healthy **COLUMBUS**  
CITY EMPLOYEE WELLNESS PROGRAM

FRESH **FOOD**  
PERSPECTIVE



## HOLIDAY EATING: BATTLEING THE BULGE

The holidays are the time of year that most of us pack on a few extra pounds. Dinners with friends and family, office parties and treats, and making our traditional holiday meals and sweets are all the best part of the season, but all are also opportunities to add extra, unwanted calories.

But do not despair! Fortunately, following a few easy tips and using simple substitutions when cooking can allow you to have your cake and eat it too - without gaining the extra weight.

### Keep it Hidden

The bad stuff that is. What we see is what we eat, so if we keep the junk food out and visible, that is what we will be choosing. One study looking at the difference between keeping candy in a clear container or a white container showed that people ate 71% more candy when it was kept in that see-through jar! If you must have them in the house or office, keep the cookies and candies tucked out of sight. Instead keep those healthy snacks, like the fruit and nuts, out and visible so those are the first thing you reach for.

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### Nutrition Programs

December 18

#### Nutrition Seminar: *Today's Hot Topics - Gluten, organics, sugar and more!*

12-1pm (On-line Webinar)

This class will examine some of today's latest eating trends and nutrition hot topics. Come listen as we separate fact from fiction.

*\*To register or get webinar link, contact (614) 645-8049 or [skwade@columbus.gov](mailto:skwade@columbus.gov)*

#### Prizes, 2014 Planning and More!!

Get the scoop on the year-end raffle and on exciting updates to the Nutrition Programming for Healthy Columbus in the News & Announcements section!



# HOLIDAY EATING CONTINUED: BATTLING THE BULGE

## Cook Smarter

Simple substitutions when cooking allow for you to keep your holiday favorites on the menu, but cut back on the fat and calories.

When cooking with dairy products always choose the low-fat or fat-free versions. Try decreasing the sugar in recipes to 1/3 the usual amount while increasing the sweet spices, or doubling the vanilla or almond extract and adding citrus zest for more flavor. And instead of thick frosting, top cakes with powdered sugar, cinnamon or cocoa.

See more healthy substitutions on the AICR's Baking chart to the right.

## Be Holiday Party Savvy

When eating at holiday events, allow yourself one of your favorite seasonal treats and skip the ones you can have anytime during the year. Also, try techniques such as using smaller plates, filling up on low-calorie foods (i.e. fruits, veggies) before sampling the treats, or even eating a meal before you go so you are not ruled by your hunger.

Remember, only allow yourself one and make sure you slow down and savor every bite to maximize your enjoyment.

## BAKING

<i>Instead of...</i>	<i>Try...</i>
Butter	Half unsweetened applesauce and half canola oil, butter or trans-fat free margarine 
1 egg	2 egg whites • ¼ cup liquid egg substitute
Evaporated milk	Evaporated skim milk
Buttermilk	An equal amount of low-fat plain yogurt
All-purpose flour	Whole-wheat flour • Whole-wheat pastry flour
Pastry pie crust	Phyllo crust (use canola oil spray between layers) • Graham cracker crust
1 oz. unsweetened baking chocolate	3-4 Tbsp. cocoa powder + 1 Tbsp. oil + 1 Tbsp. sugar (for frosting or sauces) • ¼ cup cocoa (for cakes or cookies)
Frosting	Sliced fresh fruit • Puréed fruit  • Light dusting of powdered sugar



1759 R Street, NW • Washington, DC 20009  
1-800-843-8114 • [www.aicr.org](http://www.aicr.org)

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## NEWS & ANNOUNCEMENTS

### Dietitian Consult Raffle

For those who watched/attended at least 3 seminars or webinars in 2013 we will be raffling off an hour long one-on-one session with the dietitian where you can get individualized advice and assistance with meal planning. We will continue this quarterly in 2014 so all will have ample opportunities to enter! Be on the lookout for emails with the details or contact Ashley Harris directly at [aharris@freshfoodfreshperspectives.com](mailto:aharris@freshfoodfreshperspectives.com) to learn more.

### Renewed and Expanded Forums

After some tweaking and re-working we will be re-starting our e-mail nutrition forums on a quarterly basis. We will now be including a Weight-Loss forum to our other four (Diabetes & Nutrition, Cancer Prevention & Nutrition, Moms on the Go, Healthy Eating). Please contact [aharris@freshfoodfreshperspectives.com](mailto:aharris@freshfoodfreshperspectives.com) to sign up for any or all! Note: if you were previously registered for a forum you do not need to re-register unless you are adding additional forums.

# ASK THE RD

**Q: I found out at our health fairs that I have high cholesterol. What foods should I be eating or avoiding to help lower my bad cholesterol and raise my good cholesterol?**

A: Paying attention to your fats and fiber are the keys to controlling your cholesterol levels.

1. Avoid the trans fats. These are found in commercial baked goods, deep fried fast foods, microwave popcorn, margarine and vegetable shortening. You can also find them by reading the ingredient list where they are listed as “hydrogenated oils”.
2. Limit the saturated fats. This is the type of fat is found in animal products such as fatty red meats, poultry skin, and full-fat dairy products (i.e. butter, cream, etc).
3. Eat more unsaturated fats. The monounsaturated fats and the omega-3 fats lower your bad cholesterol while raising your good cholesterol. These fats can be found in fish, nuts, nut butters, olive oil, canola oil and avocados.
4. Eat more soluble fiber. This type of fiber actually helps our body get rid of bad cholesterol in our stool and can be found in fruits, vegetables, beans/legumes and whole grains. Apples and oatmeal are great sources of soluble fiber and one study showed just by having oatmeal once a day it lowered cholesterol by 10%!



Ashley Harris, MS, RD, LD  
Fresh Food Fresh Perspective  
Registered Dietitian

Ashley has a Masters Degree in Human Nutrition from The Ohio State University, and a strong background in Oncology Nutrition. She is passionate about providing educating on the healing powers of food and on how to make nutritious eating part of everyday life by choosing simple, healthy foods that are both tasty and affordable.

Submit Ask The RD questions to: [aharris@freshfoodfreshperspective.com](mailto:aharris@freshfoodfreshperspective.com).

## TIP CORNER: STRESS BUSTING FOODS

The holidays are many people’s favorite time of the year, but they can also can be the most stressful! Help fight the holiday stress this year by incorporating these stress busting foods into your diet.

### Vitamin C Foods

Vitamin C increases chemicals in our body that make us feel calm. Our bodies also need more vitamin C during times of stress because it uses it more rapidly.

**Examples:** Oranges, citrus fruits, blueberries, strawberries, kiwis, red and green peppers, leafy greens, broccoli



### Milk

Milk is full of chemicals that make you feel calm and happy. And it has calcium, which helps relieve anxiety and mood swings.

### Fatty Fish

The omega-3 fatty acids found in fish help relieve depression and reduce stress hormones. Aim to eat fatty fish at least 2x per week to prevent the blues and for the other important health benefits.

Look for fatty fish that are high in omega-3’s and low in mercury such as: Salmon, sardines, anchovies, herring & white fish.



### Decaffeinated Tea

Tea has been used for centuries to help manage stress and maintain calm. The flavonoids found in tea reduce stress hormones and the act of tea drinking itself promotes calm feelings.



Because caffeine aggravates the stress response and may blunt the calming effects of the teas, stick with the decaf.

# TIMES 4: KALE

## FOUR TASTY TAKES ON THIS HEALTHY WINTER GREEN

### 1. Pasta Shells with Garlicky Kale

(Adapted from *AICR*)

#### Ingredients:

- 1 Tbsp. extra Virgin olive oil
- 5 cloves garlic, minced
- 1/4 tsp. red pepper flakes
- 10-12 oz. (10-12 cups, loosely packed) coarsely chopped
- 1/2 cup vegetable broth
- sea salt & black pepper to taste
- 1 Tbsp. Parmesan cheese
- 8 oz. small whole-wheat pasta shells, cooked to package directions



**Instructions:** Heat oil in large skillet over medium heat. Sauté garlic with red pepper -2 minutes. Stir in about 1/2 the greens, broth, and season to taste with salt & pepper. Increase heat to med-high, cover and cook until greens wilt, -3 min. Stir in remaining greens, cover and cook an additional 12 min. or until greens tender. Stir occasionally. Place cooked, drained pasta in saucepan & gently toss. Sprinkle with cheese and serve.

### 3. Winter Spice Kale Smoothie

(from [www.kalesmoothierecipes.com](http://www.kalesmoothierecipes.com))

#### Ingredients:

- 1 Tbsp. fresh chopped ginger
- 1 banana
- 1/2 cup apple juice
- 1/8 tsp. cinnamon
- 1/8 tsp. cloves
- 2 drops vanilla extract
- 1 large apple (or 2 medium)
- 1 kale leaf

**Instructions:** Add all ingredients to blender, blend, enjoy!



### 2. Spicy Parmesan Green Beans and Kale

(Adapted from *Oprah Magazine*)

#### Ingredients:

- 1/4 pound cremini mushrooms trimmed and quartered
- 1 1/2 pounds green beans trimmed and cut into 1-inch pieces
- 3 Tbsp. olive oil
- 1 onion sliced
- 2 tsp. salt
- 1/2 tsp. freshly ground pepper
- 1/4 cup dry white wine
- 1/2 tsp. red pepper flakes
- 1 bunch kale (1/2 pound), rinsed, stemmed, and chopped
- 2 Tbsp. freshly squeezed lemon juice
- 2 Tbsp. finely grated parmesan cheese



**Instructions:** Warm oil in large, heavy sauté pan over med-high heat. Add onion and cook, stirring until translucent (-4 min). Add mushrooms, green beans, salt & pepper, cook -2 min. Add wine and continue cooking until the beans are almost tender (-5 min). Add red pepper & kale, continue cooking until kale has wilted (-4-5 min). Add lemon juice and parmesan. Toss to coat & serve immediately.

### 4. Baked Chipotle Kale Chips

(from [www.tablespoon.com](http://www.tablespoon.com))

#### Ingredients:

- 1 large bunch kale, stems removed and chopped into chip-sized pieces
- 1/2 tsp. sea salt
- 1 Tbsp. olive oil
- 1 tsp. chipotle chili powder



### BENEFITS OF KALE

- 1 CUP CHOPPED CONTAINS MORE THAN A DAY'S WORTH OF ANTIOXIDANT VITAMINS A AND C
- ALSO A GOOD SOURCE OF VITAMIN B6, MAGNESIUM AND FIBER
- CONTAINS SEVERAL POTENT CANCER FIGHTING COMPOUNDS

**Instructions:** Preheat oven to 350 degrees F. Toss kale in large bowl with salt, olive oil and chipotle powder. Spread kale pieces on two baking sheets. Bake -15-20 min or until kale is crispy and brown on the edges. Allow to cool completely before eating.

## HEALING FOOD: POMEGRANATES

### HEALTH BENEFITS:

- Contains compounds which help to lower blood pressure and cholesterol and reduce atherosclerotic plaque
- Potent fighters of many cancers including breast, prostate, colon and leukemia
- May help decrease chemicals leading to depression and osteoporosis

### HOW TO USE:

Add juice or seeds to your favorite holiday drinks and salads for extra color and nutrition. Use in a bruschetta by mixing with goat cheese, parsley, red onion & topping baguette slices.

