

Healthy Holiday Meals

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For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org



Find us on Facebook and Twitter!

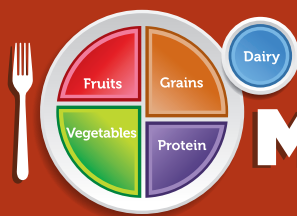


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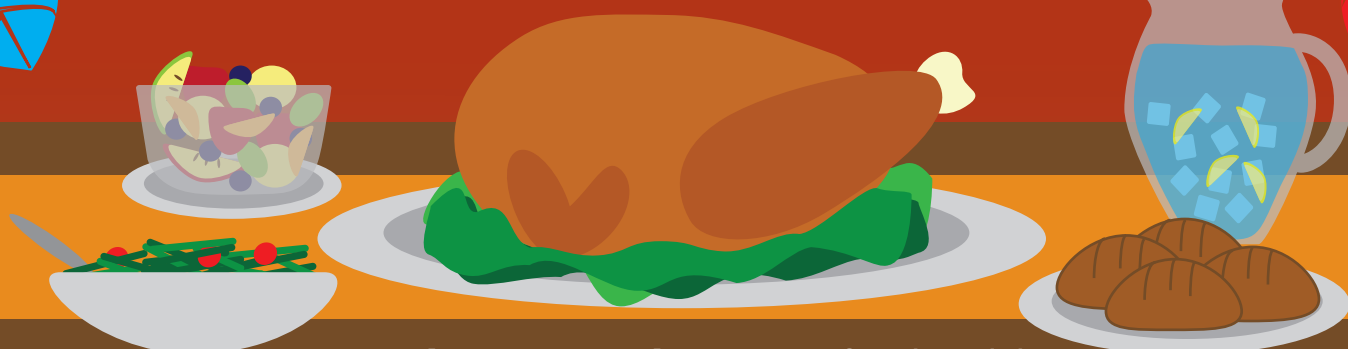


United States Department of Agriculture



MyPlate

Holiday makeover



visit **choosemyplate.gov** for healthier options during the holidays

tweak the sweets



VS



fruits make delicious desserts

cheers to good health



VS



drink water to manage calories

bake healthier



VS



use recipes with pureed fruits instead of butter or oil

spice it up



VS



use spices and herbs instead of sugar and salt

brighten your meal



VS



fill half your plate with fruits and vegetables

skim the fat



VS



try skim evaporated milk instead of heavy cream

swap the grains



VS



choose whole wheat flour instead of white flour

go easy on the gravy



VS

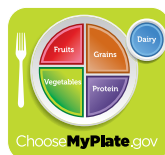


a little bit of gravy goes a long way



United States Department of Agriculture

10 tips Nutrition Education Series



MyPlate MyWins

Based on the
Dietary
Guidelines
for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers

Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to Supertracker.usda.gov/myrecipe.aspx.



2 Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

3 Make sure your protein is lean

Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

4 Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

5 Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



6 Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



7 Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

8 Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

9 Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

10 Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.





Haga elecciones más saludables en las festividades

Las festividades a menudo están llenas de tradiciones consagradas en el tiempo que incluyen algunas de nuestras comidas y alimentos favoritos. Mientras celebra, piense en los pequeños cambios que puede hacer para crear comidas más saludables y días activos.

1 Cree modificaciones de MiPlato

Transforme sus platos favoritos de las festividades. Use Mi Receta en SuperTracker para mejorar las recetas de las festividades y obtener resultados más saludables. Vaya a <https://www.SuperTracker.usda.gov/myrecipe.aspx>.



6 Ajuste el dulce

Para el postre, pruebe las manzanas al horno con canela y una pizca de azúcar en lugar de pastel de manzana. Invite a sus invitados a hacer su propio parfait con fruta cortada de colores y yogur bajo en grasa.



2 Disfrute de todos los grupos de alimentos en su celebración

Prepare galletas integrales con hummus como aperitivo; agregue frutos secos sin sal y frijoles negros a una ensalada de hojas verdes; incluya fruta fresca en la mesa de los postres; use en sus guisados leche baja en grasa en lugar de crema para batir. Comparta opciones más saludables durante sus comidas de festividades.

3 Asegúrese de que la proteína sea magra

Pavo, carne asada o jamón fresco son opciones de proteína magra. Recorte la grasa visible antes de cocinar. Pruebe a hornear o asar en el horno en lugar de freír. Tenga cuidado con las salsas y jugos de carne.

4 Felicitaciones a la buena salud

Sacie su sed con opciones bajas en calorías. Beba agua con rodajas de limón o lima. Ofrezca agua mineral con un chorrito de jugo de fruta 100%.

5 Hornee de manera más saludable

Use recetas con puré de manzana sin azúcar o puré de plátanos maduros en lugar de mantequilla. Trate de reducir la cantidad de azúcar que figura en las recetas. Use especias tales como canela, pimienta de Jamaica o nuez moscada para agregar sabor.



7 Sea el alma de la fiesta

Ríase, hable con todos, baile y juegue a juegos. Concéntrese en la diversión y disfrute de la compañía de los demás.

8 Haga del ejercicio una parte de la diversión

Convierta la actividad física en parte de su tradición de las festividades. Diviértase caminando y hablando con la familia y amigos después de una comida de festividades. Haga regalos que animen a los demás a practicar hábitos saludables como DVD de ejercicios, zapatillas deportivas y botellas de agua reutilizables.

9 Disfrute de las sobras

Cree nuevas comidas deliciosas con las sobras. Agregue el pavo a las sopas o ensaladas. Use los vegetales extra en omelets, sándwiches o estofados. ¡Las posibilidades son infinitas!

10 Dé a los demás

Dedique tiempo a preparar comidas o proveer alimentos a aquellos que necesiten ayuda. Don alimentos al banco local de alimentos o participe como voluntario durante la temporada de fiestas para servir comidas en los comedores comunales.





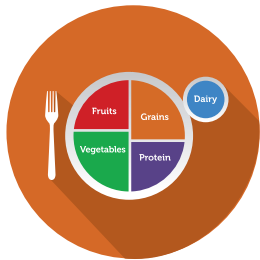
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MyPlate
MyWins

Prep for potlucks and parties

Parties and potlucks are a fun way to spend time with friends, family, and colleagues. Set yourself up to make healthy choices with these tips.



Plan for colorful plates

Create a sign-up sheet for your party with categories for dishes from each food group so you have a variety of healthy options.



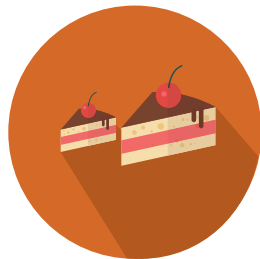
Sip up some flavor

Boost flavor in water or unsweetened iced tea with mint leaves, lemons, or frozen fruit. Skip sugary drinks like soda, punch, and lemonade.



Keep foods safe

Keep hot foods hot and cold foods cold until serving time. Don't leave food out at room temperature for longer than 2 hours.



Prioritize your plate

Take a quick lap around the food table to see what foods are available before filling your plate. Save calories with smaller helpings.



Include fruits and veggies

Fill half your plate with vegetables such as beans, broccoli, or mixed greens and fruit like berries or grapes.



List more tips



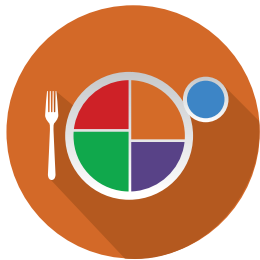
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MiPlato
MisVictorias

Preparación para potlucks y fiestas

Las fiestas y los potlucks son una manera divertida de pasar tiempo con amigos, familiares y colegas. Prepárese para tomar decisiones saludables con estos consejos.



Planee platos de colores

Cree una hoja de inscripción para su fiesta con las categorías de platos de cada grupo de alimentos para tener una variedad de opciones saludables.



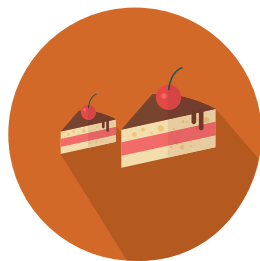
Saboree el sabor

Dele sabor al agua o té helado sin azúcar con hojas de menta, limones o fruta congelada. No ofrezca bebidas azucaradas como refrescos, ponche y limonada.



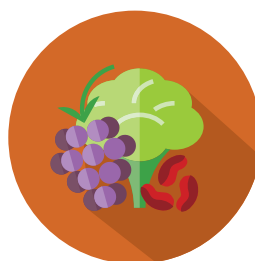
Mantenga los alimentos seguros

Mantenga los alimentos calientes y los alimentos fríos hasta el momento de servir. No deje los alimentos a temperatura ambiente por más de 2 horas.



Priorice su plato

Dé una vuelta rápida alrededor de la mesa de comida para ver qué alimentos están disponibles antes de llenar su plato. Ahorre calorías con porciones más pequeñas.



Incluya frutas y vegetales

Llene la mitad de su plato con vegetales como frijoles, brócoli o vegetales mixtas y frutas como bayas o uvas.



Listar más consejos

DON'T BITE OFF MORE THAN YOU CAN CHEW!

Did you know that 1 in 7 people are hungry and 1/3 of the food in the world is thrown away?

To make things worse, up to 40% of the food in the U.S. never even makes it to the dinner table.

According to Consumer Reports, the average American house of 4 is throwing away about \$120 each month in wasted food.

Reducing food waste helps you save money and also lessens the negative effect on our environment.

Challenge yourself to get the most out of your food and create less waste with these simple tips:

- ◆ **Shop Smart** – Plan out your meals for the week and make a shopping list to avoid buying too much food. Shop more often and buy food for 2-3 days at a time.
- ◆ **Know Your Food** – Organize your fridge so the foods that are older are easily seen to remind you to eat them first.
- ◆ **Start a Small Garden** – Grow your own fruits and vegetables to harvest as needed. Produce that is left to rot on the vine will help fuel the soil for next year.
- ◆ **Serve Just Enough** – Choose recipes for the exact amount of servings you need. Try Blue Apron or other meal delivery services that supply just enough items with a recipe.
- ◆ **Store Your Leftovers** – Store and date leftovers in reusable containers. Refrigerate and use them within about 5 days. Freeze leftovers for easy to grab meals in a pinch.
- ◆ **Repurpose Scraps** – Use leftover scraps to make stocks, sauces, pesto, salad dressings and more! See below recipe for an example.
- ◆ **Compost Food Scraps** – Start a compost pile in your backyard. For more information on starting a compost pile visit: <https://furtherwithfood.org/what-can-we-do-about-it/>.
- ◆ **Check the “Ugly Produce”** – Produce that is imperfect is sold at a discount price and often times it is still perfectly usable.



For more information visit:
<https://tinyurl.com/y7x6oahr>

Carrot Top and Mint Pesto



Try this delicious pesto made from carrot tops that would otherwise be wasted!

Total Time: 10 minutes

Yields: 5 servings

Ingredients

- ◆ 1 cup washed carrot top greens
- ◆ ½ cup fresh mint
- ◆ ¼ cup toasted pine nuts
- ◆ 2 garlic cloves, whole
- ◆ 3 tablespoons fresh lemon juice
- ◆ ¼ cup olive oil
- ◆ Salt and pepper to taste

Nutrition Facts	
Servings: 5	
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 10.3g	13%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 131mg	6%
Total Carbohydrate 2.8g	1%
Dietary Fiber 1.2g	4%
Total Sugars 0.8g	
Protein 0.6g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 1mg	7%
Potassium 92mg	2%

Directions

1. Place all of the ingredients, except the olive oil, in a food processor and pulse until slightly combined.
2. Slowly drizzle the olive oil in while the food processor is on until desired consistency.
3. Refrigerate for up to 3 days or freeze in an ice cube tray for up to 2 months.

Source: <https://www.tastingpage.com/cooking/carrot-top-mint-pesto>

EAT RIGHT WHEN MONEY'S TIGHT

Food costs are on the rise. Read on for tips on how to stretch your food dollars by planning ahead, budgeting, making smart food choices, and preparing low-cost recipes

Shop SMARTER!

BEFORE Shopping

- ▶ **Plan your weekly meals and snacks.** Preparing in advance will help you know what you need and also help you put leftovers to good use. See below for more on planning ahead.
- ▶ **Use store circulars and go online to look for coupons, sales, and store specials.** Only use coupons on foods you normally eat. Make sure the coupons give you the best value for your money.
- ▶ **For added savings, sign up for the store discount card or bonus card** at your local supermarket.

PLAN AHEAD

- Plan to prepare and eat foods you already have at home first.
- Know how much money you have to spend on food.
- Make a shopping list based on the money you have to spend and what foods you will need.
- Buy only the amount of food you can use before it spoils. Remember, frozen, canned, or shelf-stable foods last longer!

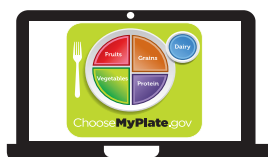
DURING Shopping

- ▶ **Have something to eat before you go shopping.** It's easier to stick to your shopping list when you are not hungry.
- ▶ **Try store brands.** They are the same quality and cost less.
- ▶ **Compare products for the best deal.** Use unit pricing and also the Nutrition Facts labels to get the best product for your money. For more on food labels go to: <http://snap.nal.usda.gov/resource-library/handouts-and-web-sites/using-nutrition-facts-labels>.
- ▶ **Check "sell by" or "use by" dates.** Buy the freshest food possible. For more on food product dating, go to: <http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/food-product-dating/food-product-dating>.



AFTER Shopping

- ▶ **Store food right away** in the refrigerator or freezer to keep it fresh and safe.
- ▶ **If you buy a large amount** of fresh food, like meat, poultry, or fish, divide it into meal-size packages, label the food, and freeze it for later use.
- ▶ **Use foods** with the earliest expiration dates first.



MORE TO EXPLORE...

MyPlate Healthy Eating on a Budget: <http://www.choosemyplate.gov/healthy-eating-on-budget.html>
Basic Nutrition for Everyone: <http://snap.nal.usda.gov/basic-nutrition-everyone>
What's Cooking? USDA Mixing Bowl: <http://www.whatscooking.fns.usda.gov/>

TIPS

BEST BUYS FOR COST AND NUTRITION

BREADS AND GRAINS

Choose **whole-grain breads**. Look for bargains on day-old varieties.

Buy **regular brown rice and old-fashioned oats and grits** instead of instant varieties to save money and consume less sugar, salt, and calories.

VEGETABLES

Buy **large bags** of frozen vegetables.

When choosing **canned vegetables**, look for “low sodium” or “no added salt” on the label.

FRUITS

Buy **fresh fruit in season** - it generally costs less.

Frozen and canned fruits are available year round, can save you money, and have similar nutrition values to fresh.

LOW-FAT OR FAT-FREE MILK PRODUCTS

Buy **low-fat or fat-free milk, yogurt, and cheese** in the largest size that can be used before spoiling. Larger containers cost less per serving than smaller sizes.

Ultra-pasteurized milk found on store shelves has a longer expiration date and won't spoil as fast.

MEAT AND BEANS

Dried beans and peas are a good source of protein and fiber. They can last a year or more without spoiling.

Canned tuna packed in water is an inexpensive healthy protein choice. Light tuna has less mercury than white (albacore) tuna.



Did You Know?

You may qualify for more than Supplemental Nutrition Assistance Program (SNAP) benefits. If you get SNAP benefits and have children in school, they qualify for free lunch and breakfast. If you have a low income and are pregnant, breastfeeding, a new mom, or have children under 5 years old, you might qualify for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) benefits. The Emergency Food Assistance Program (TEFAP) is another Federal program that provides food to low-income people.

USDA Nutrition Assistance Programs Can Help Make Ends Meet

For more information on the following programs, contact:

Supplemental Nutrition Assistance Program (SNAP)

For: eligible low-income people and their families

Call: 1-800-221-5689

Visit: <http://www.fns.usda.gov/snap/snap-application-and-local-office-locators>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

For: eligible, low-income pregnant or breastfeeding women, new moms, and children under age 5

Visit: <http://www.fns.usda.gov/wic/toll-free-numbers-wic-state-agencies>

School Nutrition Programs

For: eligible low-income, school-aged children.

Contact your local school or school district

The Emergency Food Assistance Program (TEFAP)

For: eligible low-income people

Visit: <http://www.fns.usda.gov/tefap/eligibility-and-how-apply>



RESOURCES FOR SNAP EDUCATORS, PARTNERS, AND THE COMMUNITY

The SNAP-Ed Connection is an online resource center which contains information on healthy eating and using your food dollar wisely. Visit the SNAP-Ed Connection at <http://snap.nal.usda.gov>

Eating at Holiday Work Parties

Appetizers and Hors d'oeuvres

- **Get involved.** There's usually a list for coworkers to volunteer to bring dishes for the party, so sign up! You can make a heart-healthy item, giving yourself at least one good option to enjoy.
- **Come prepared.** If the party is during lunch, eat a healthy breakfast followed in mid-morning by a high-fiber snack, such as an apple or a small handful of almonds. If the party is after work, enjoy a protein-packed lunch like grilled fish or chicken with a salad and then later in the afternoon have another high-fiber snack. If you're not too hungry when you go to the party, it will be easier to avoid overeating.
- **Map it out.** Avoid loading up on foods that are fried, buttered or have a lot of cheese and cream. Even though the portions may be small, these fat-laden bites can really pack a punch. Look for fruit, veggies and dip, whole-grain crackers, and baked or grilled items.



Desserts

- **Use the buddy system.** By splitting a dessert with someone, you can cut the calories and fat in half and avoid being wasteful. It's a win-win!

Beverages

- **Mix it up.** If alcohol is being served, alternate each glass with a glass of water. This will help reduce your thirst while filling your stomach and you'll consume fewer calories.
- **Watch seasonal drinks.** Many holiday beverages have so much added sugar, they may as well be a dessert. Keep in mind what else you've eaten; it may be best to enjoy these drinks on another day.

Heart-Healthy Holiday Gifts

With the holidays fast approaching, you might be frantically brainstorming ideas for holiday presents. Here are a few heart healthy options to consider! These ideas would make for great stocking stuffers, office holiday gift exchange, or even a friendly present.

- **Stress ball.** The holidays can be stressful so why not include a stress ball so your family and friends can work their arm muscles instead of turning to the candy jar to relieve stress.
- **Jump rope.** This is a great item to have around the house. When your kids go outside to run off steam, join them and jump a little rope while you watch them jump and play in the fall leaves.
- **Toothbrush.** Help keep those pearly whites clean with a new toothbrush.
- **Fruit.** Apples, oranges and grapefruits make for very healthy presents. Just make sure they don't get squished and give them in a timely manner so they are nice and fresh when the recipient receives them!
- **A new CD.** Everyone loves to sing loudly and dance around their house when no one is looking. Why not give your friends and loved ones their favorite CD and let them burn off those holiday calories while they have their own mini dance party!
- **Winter accessories.** When the weather changes and the temperature drops people tend to stay indoors more and therefore get less exercise. Give your co-workers a new hat, a scarf and a pair of gloves and that gives them no excuse to take a brisk walk around the block and admire their neighbor's holiday decorations.
- **A pedometer.** This nifty little tool helps you count the number of steps you take in a day. What a great way to get the office together and go walking briskly during lunch!
- **Recipe cards.** Do you have a lot of healthy recipes you love? Why not share the wealth. Pre-made or hand-made recipe cards with hand written healthy recipes are a heart-felt gift for all.
- **Cookbook.** Staying along with the share the wealth idea, check out the American Heart Association's variety of cookbooks. Choose one that best suits your recipient. Whether they're cooking for one, cooking for a family with kids, or looking for a quick and healthy meal, the American Heart Association offers a wide array of [cookbooks](#).
- **Water bottle.** Give them a BPA-free water bottle to take to work or stash in their purse then they will have no excuse for not staying hydrated.
- **Relaxation kit.** Stress is not good for anyone's health and the holidays are typically a stressful time of the year. Give your friends and loved ones a relaxation kit. Maybe include a few candles, maybe some incense, soaps, or a CD with soothing music.
- **Do they like art?** Maybe give them a day pass to a museum; they can enjoy the art while enjoying a nice warm escape from the cold and a bonus they get in some physical activity! How about giving them some new supplies to paint or a gift card to a craft/art store so they can buy their own.



10 Ways to Avoid Holiday Weight Gain

Experts say portion control is key when the temptations are endless.

By [Susan G. Rabin, MA](#)

It's that time of year when extra calories lurk around every corner -- frosted cookies at the office, eggnog at your neighbor's, jelly doughnuts for Hanukkah or chocolates in your stocking. All these extras add up, and if you're like most Americans, you'll put on a pound or two by New Year's Day.

So what's the harm in a little holiday [weight gain](#), especially if it's just a pound? According to researchers at the National Institutes of Health, most Americans never lose the [weight](#) they gain during the winter holidays. The pounds add up year after year, making holiday weight gain an important factor in adult [obesity](#).

But you don't have to fall into this trap. It is possible to enjoy holiday goodies without putting on a single pound. "Portion control is the key," says Susan Finn, PhD, RD. Finn serves as chairwoman of the American Council for Fitness and Nutrition. "I don't believe you can't eat food that you like -- even indulgences -- but it is the amount you eat," she tells WebMD.

Of course, it's not easy to go on portion patrol when the temptations are endless. That's why WebMD compiled these tips to help you avoid overindulging.

1. Never Arrive Hungry

New York psychologist Carol Goldberg, PhD, says planning ahead can help you maintain discipline in the face of temptation. "Don't go to a party when you're starving," she warns. Try to have a nutritious snack beforehand. If you do arrive hungry, drink some water to fill up before filling your plate.

2. Divert Your Attention

Many people forget that there's more to a holiday party than food, Goldberg tells WebMD. "Don't look at the party as just a food event," she says. "Enjoy your friends' company or dancing. Focus on something other than food."

Finn agrees. She says chatting is a great diversion, whether you're at a small family dinner or a large party. "Take your mind off of food and focus on the conversation."

3. Pace Yourself

Have you ever tried telling yourself you'll only eat during the first half hour of a party? Goldberg says this strategy is a mistake. "If you cram in as much as you can in half an hour, you chew faster. Chewing more slowly will fill you up with less food."

To munch at a leisurely pace, Finn recommends putting your fork down between every bite. "This puts you in control."

4. Count Your Canapés

When there are canapes, it's easy to lose count of how many you eat. Keep track by stashing a toothpick in your pocket for each one. Set a limit and stick to it.



5. Outsmart the Buffet

When dinner is served buffet-style, use the smallest plate available and don't stack your food; limit your helpings to a single story. "Go for the simplest foods on the buffet," Finn says. "Fresh [fruits and vegetables](#) and shrimp cocktail are good choices. Watch out for sauces and dips."

6. Limit Alcohol

Avoid drinking too much alcohol at holiday parties. "It's not just about calories but about control," Finn explains. "If you drink a lot you, won't have as much control over what you eat."

If you feel out of place without a drink, Goldberg suggests sipping water or club soda, "so you have something to carry like everyone else."

7. Be Choosy About Sweets

When it comes to dessert, be very selective. "Limit your indulgences to small portions and only what is very sensual to you," Goldberg says. Her personal rule on sweets: "If it's going to have calories, it has to be chocolate."

What about sampling several desserts, if you only take a tiny bite of each one? "You have to know yourself," Goldberg says. "Some people can eat one bite of something and stop. I don't think most people can do that. "If you know you're the type who can't stop at one bite, you're better off taking a small portion of a single dessert than piling your plate with several treats you plan to "try."

8. Bring Your Own Treats

Whether you're going to a friend's party or an office potluck, consider bringing a low-calorie treat that you know you'll enjoy. Bringing your own dessert will make the more fattening alternatives less tempting.

And don't feel your dessert has to be typical holiday fare. "Get away from rigid thinking about what holiday food has to be," Goldberg says. "People love fruit."

9. Limit 'Tastes' While Cooking

If you do a lot of cooking during the holidays, crack down on all those "tastes." "People lose their appetites when they've been cooking because they've been eating the whole time," Finn tells WebMD. Instead of tasting mindlessly every few minutes, limit yourself to two small bites of each item pre- and post-seasoning. "Just put the spoon in and taste a little bit," Finn says. "It's not grounds for a big scoop."

For tried-and-true [recipes](#), dare yourself not to taste the dish at all until it is served.

10. Walk It Off

Make a new holiday tradition: the family walk. Besides burning some extra calories, this will get everyone away from the food for awhile.

"Get people off the couch and move," Finn says. "Go out for a walk as a family before or after the meal." She says walking not only benefits you physically but also puts you in a mindset to be more careful about what you eat. "There's something about activity that puts you in control."



Stress Less with Mindful Movement

You may notice you feel better after you exercise. Most people experience increased energy and an improvement in overall well-being as physical activity becomes routine. Studies have shown that regular physical activity can help relieve depression and may even lower your risk of developing it.

If you are not the active type, are older or have physical limitations, you can still add healthy movement to your life.

For example, the National Institutes of Health (NIH) describes yoga, tai chi and qi gong as centuries-old, mind-body practices. They involve specific postures and movements combined with mental focus, breathing techniques, and meditation or relaxation. Even walking can be done mindfully as a form of meditation.

Some research studies have suggested that practicing these mindful movement activities may help:

- manage stress, depression and insomnia
- lower blood pressure
- improve balance and stability
- relieve chronic pain
- improve quality of life and mood in people with heart disease, cancer and other chronic illnesses
- motivate you to exercise more and eat healthier

A recent study concluded that yoga may improve heart health, including body mass index (BMI), blood pressure, cholesterol and heart rate.

More research is needed.

But it's clear that yoga is becoming more popular. In the last 10 years the number of Americans practicing yoga has nearly doubled. It's now practiced by more than 21 million adults and more than 1.5 million children.

Yoga and other mindful practices can be gentle and may be done by just about anyone, anywhere, with no special equipment needed.*

Look for classes in your community or instructional videos, books and websites.

Whatever way you choose to get active, your heart will benefit. And you may find yourself feeling happier and more relaxed, too.



**There is a wide variety of yoga styles; not all are gentle. The NIH recommends that people with high blood pressure and women who are pregnant should modify or avoid some yoga poses. Talk with your healthcare provider and a qualified instructor if you have concerns.*



Estrésate menos con movimientos que aclaran la mente

Vas a ver que te sientes mejor después de hacer ejercicio. La mayoría de las personas tienen más energía y una mejora en su bienestar general una vez que la actividad física se vuelve rutina. Hay estudios que han demostrado que la actividad física regular puede ayudar a aliviar la depresión y disminuir el riesgo de desarrollarla.

Le puedes agregar movimiento sano a tu vida incluso si no eres una persona activa, no eres joven o tienes alguna limitación física.

Por ejemplo, los Institutos Nacionales de Salud (NIH) describen la yoga, el tai chi y el qi gong como prácticas centenarias de cuerpo y mente. Involucran posturas y movimientos específicos combinados con enfoque mental, técnicas de respiración y meditación o relajación. Incluso caminar puede hacerse de manera consciente como una forma de meditación.

Algunos estudios de investigación han sugerido que practicar estas actividades con movimientos que aclaran la mente puede ayudar a:

- controlar el estrés, la depresión y el insomnio
- disminuir la presión arterial
- mejorar el equilibrio y la estabilidad
- aliviar el dolor crónico
- mejorar la calidad de vida y el humor de las personas con enfermedades cardíacas, cáncer y otras enfermedades crónicas
- motivar para que uno se ejercite y coma mejor

Un estudio reciente concluyó que la yoga puede mejorar la salud cardíaca, incluyendo el índice de masa corporal (IMC), la presión arterial, el colesterol y el ritmo cardíaco. Todavía se necesita más investigación.

Pero es claro que la yoga se está volviendo más popular. En los últimos 10 años, el número de estadounidenses que practican yoga casi se ha duplicado; ahora la practican más de 21 millones de adultos y más de 1.5 millones de niños.

La yoga y otras prácticas que aclaran la mente pueden ser ligeras y las puede hacer cualquiera, donde sea y sin necesidad de equipo especial*. Busca clases en tu comunidad o sigue videos, libros y páginas web instruccionales.

Sea lo que sea que elijas para estar activo, tu salud se verá beneficiada. Incluso puede que te encuentres sintiéndote más contento y relajado.

**Hay una gran variedad de estilos de yoga; no todos se hacen con suavidad. Los NIH recomiendan que la gente con presión arterial alta y las mujeres embarazadas modifiquen o eviten algunas posiciones de yoga. Habla con tu proveedor de la salud y con un instructor calificado si tienes alguna preocupación al respecto.*





Turnip Mashed Potatoes

Serves 4-6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer's market produce, while covering culinary lessons like food safety and classical French techniques. Currently Chef Raquel is running a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for at Hall Neighborhood House, YMCA Ralphola Center, LifeBridge/FreshConnections, senior centers and for the 7 Bridgeport Farmers markets. She also developed and taught the programming for the CREATE Culinary Training program. Chef Raquel is a pending board member of the Bridgeport Food Policy Council and a member of the Bridgeport Farmers Market Collaborative.

Ingredients:

3 large potatoes, peeled,
diced 1 large turnips,
peeled, diced
2 Tablespoons unsalted butter or olive
oil 1 Tablespoons of olive oil
¼ cup of plain yogurt, Greek preferable
¼ cup sour cream
Salt and pepper, to taste



Directions:

1. Add potatoes and turnips to a pot and cover with cold water by 2 inches. Add 1 Tbs. of salt and bring to a boil. Cook until potatoes and turnips are fork tender.
2. Drain water and return potato and turnips to pot. Cover and steam for 5 minutes.
3. Remove cover and mash potatoes and turnips with a potato masher. Add butter, olive oil yogurt and sour cream while starches are still warm. Adjust seasoning with salt and pepper and serve.

Chef Raquel Rivera-Pablo

A Pinch of Salt, LLC

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Patatas Trituradas de Nabo

Sirves 4-6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su internado en Le Bernardin en Nueva York. El chef Raquel sirvió como instructor de nutrición / chef en la Campaña contra el Hambre de West Side, ofreciendo a los clientes un programa de cocina de 12 semanas dirigido a enseñar comidas saludables y económicas que incorporan productos básicos de la panadería con productos agrícolas del mercado. seguridad alimentaria y técnicas clásicas francesas. En la actualidad, el Chef Raquel está llevando a cabo un piloto, una pinchazo de sal: The Restaurant Edition, un entrenamiento culinario gratuito de 12 semanas para residentes de Bridgeport de bajos ingresos que aspiran a ser chefs y emprendedores de alimentos.

Un residente de Bridgeport, Chef Raquel ofrece programación de cocina en Hall Neighborhood House, YMCA Ralphola Centro, LifeBridge / FreshConnections, centros de la tercera edad y para los 7 mercados de los granjeros de Bridgeport. También desarrolló y enseñó la programación para el programa CREATE Culinary Training. El chef Raquel es miembro pendiente del consejo de Bridgeport Food Policy Council y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:

2 patatas grandes, peladas, cortadas en cubitos
1 nabos grandes, pelados, cortados en cubitos
2 cucharadas de mantequilla sin sal o aceite de oliva
1 cucharadas de aceite de oliva
¼ taza de yogur natural, griego preferible
¼ de taza de crema agria
Sal y pimienta para probar



Direcciones:

1. Agregue las patatas y los nabos a una olla y cubra con agua fría por 2 pulgadas. Añadir 1 cucharada. de sal y llevar a ebullición. Cocine hasta que las patatas y los nabos estén tiernos.
2. Drene el agua y regrese la papa y los nabos a la olla. Cubrir y vaporizar durante 5 minutos.
3. Retire la tapa y pásala las patatas y los nabos con una patata. Agregue la mantequilla, el yogur de aceite de oliva y la crema agria mientras que los almidones todavía son calientes. Ajustar el condimento con sal y pimienta y servir.

Chef Raquel Rivera-Pablo

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Monthly Health Challenge - Standing Dumbbell Press



Would you like to work and strengthen your shoulder and triceps muscles? You can start with the standing dumbbell press to enhance shoulder muscles. As you perform this dumbbell challenge, your shoulders and triceps will get stronger enabling you to lift heavier weights and build muscle.

How to perform the perfect standing dumbbell:

1. Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position.
2. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head.
3. Pause, and slowly return the weight to the starting position.



*If you don't own dumbbells, a full water bottle or a can of soup are a good substitute for weights.

For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 2 reps of 5 (C) 2 reps of 10	2 (E) 2 reps of 7 (C) 2 reps of 12	3 (E) 2 reps of 9 (C) 2 reps of 14	4 (E) 2 reps of 11 (C) 2 reps of 16	5 (E) 2 reps of 13 (C) 2 reps of 18	6 (E) Rest (C) Rest	7 (E) 2 reps of 18 (C) 2 reps of 20
8 (E) 3 reps of 5 (C) 3 reps of 10	9 (E) 3 reps of 7 (C) 3 reps of 12	10 (E) 3 reps of 9 (C) 3 reps of 14	11 (E) 3 reps of 11 (C) 3 reps of 16	12 (E) 3 reps of 13 (C) 3 reps of 18	13 (E) Rest (C) Rest	14 (E) 3 reps of 18 (C) 3 reps of 30
15 (E) 4 reps of 5 (C) 4 reps of 10	16 (E) 4 reps of 7 (C) 4 reps of 12	17 (E) 4 reps of 9 (C) 4 reps of 14	18 (E) 4 reps of 11 (C) 4 reps of 16	19 (E) 4 reps of 13 (C) 4 reps of 18	20 (E) Rest (C) Rest	21 (E) 4 reps of 18 (C) 4 reps of 30
22 (E) 5 reps of 5 (C) 5 reps of 10	23 (E) 5 reps of 7 (C) 5 reps of 12	24 (E) 5 reps of 9 (C) 5 reps of 14	25 (E) 5 reps of 11 (C) 5 reps of 16	26 (E) 5 reps of 13 (C) 5 reps of 18	27 (E) Rest (C) Rest	28 (E) 5 reps of 18 (C) 5 reps of 30
29 (E) 6 reps of 5 (C) 6 reps of 10	30 (E) 6 reps of 7 (C) 6 reps of 12	31 (E) 6 reps of 9 (C) 6 reps of 14				

Source: <http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-press->

El reto del mes - Prensa con Pesas

¿Te gustaría fortalecer los músculos del hombro y del tríceps? Usted puede comenzar haciendo prensas con pesas de pie para mejorar sus músculos. A medida que realice este desafío, sus hombros y tríceps se fortalecerán, lo que le permitirá levantar pesas más pesadas y construir músculos.

¿Cómo realizar la prensa con pesas de pie perfectamente?

1. De pie con los pies separados por el hombro, tome una pesa en cada mano. Levante las pesas a la altura de la cabeza, los codos a 90 grados. Esta será su posición inicial.

2. Manteniendo la técnica estricta sin la impulsión de la pierna o inclinándose hacia atrás, extienda a través del codo para levantar las pesas juntas directamente sobre su cabeza.

3. Haga una pausa y devuelva lentamente las pesas a la posición inicial.

* Si no tiene pesas, una botella de agua completa o una lata de sopa son un buen sustituto para las pesas.

* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

Abreviación utilizada para "repeticiones" es "reps"



Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
1 (F) 2 reps of 5 (D) 2 reps of 10	2 (F) 2 reps of 7 (D) 2 reps of 12	3 (F) 2 reps of 9 (D) 2 reps of 14	4 (F) 2 reps of 11 (D) 2 reps of 16	5 (F) 2 reps of 13 (D) 2 reps of 18	6 (F) Rest (D) Rest	7 (F) 2 reps of 18 (D) 2 reps of 20
8 (F) 3 reps of 5 (D) 3 reps of 10	9 (F) 3 reps of 7 (D) 3 reps of 12	10 (F) 3 reps of 9 (D) 3 reps of 14	11 (F) 3 reps of 11 (D) 3 reps of 16	12 (F) 3 reps of 13 (D) 3 reps of 18	13 (F) Rest (D) Rest	14 (F) 3 reps of 18 (D) 3 reps of 30
15 (F) 4 reps of 5 (D) 4 reps of 10	16 (F) 4 reps of 7 (D) 4 reps of 12	17 (F) 4 reps of 9 (D) 4 reps of 14	18 (F) 4 reps of 11 (D) 4 reps of 16	19 (F) 4 reps of 13 (D) 4 reps of 18	20 (F) Rest (D) Rest	21 (F) 4 reps of 18 (D) 4 reps of 30
22 (F) 5 reps of 5 (D) 5 reps of 10	23 (F) 5 reps of 7 (D) 5 reps of 12	24 (F) 5 reps of 9 (D) 5 reps of 14	25 (F) 5 reps of 11 (D) 5 reps of 16	26 (F) 5 reps of 13 (D) 5 reps of 18	27 (F) Rest (D) Rest	28 (F) 5 reps of 18 (D) 5 reps of 30
29 (F) 6 reps of 5 (D) 6 reps of 10	30 (F) 6 reps of 7 (D) 6 reps of 12	31 (F) 6 reps of 9 (D) 6 reps of 14				

Source: <http://www.bodybuilding.com/exercises/detail/view/name/standing-dumbbell-press->