

# Health & Wellness



## Holiday Eating Tips

By Gloria Tsang, RD

It's that party season again! How can we avoid putting on extra weight while having a great time? The following are some holiday eating tips so that you can still look good and be healthy in January without having to deprive yourself of all the holiday treats.

**\*\*Don't go to a party hungry:** we often eat faster and more when we are hungry - therefore eat a wholesome breakfast and lunch on the day to avoid overeating at the party.

**\*\*Watch your portion:** treat yourself to a nice drink, dessert, chocolate or sweets without guilt, but always watch your portion. Go for small portions. This way you can sample all the different foods.

**\*\*Moderation is always the key.** Make a conscious choice to limit high fat items: high fat food items can be found in fried food, cream-based soup, cheese-filled casseroles, pies, processed meats such as salami and sausages, some pastries and baked goods.

**\*\*Try different versions of egg nog:** traditional egg nog is

usually made with egg yolk and thick cream. Google "low fat egg nog" and you will find lots of low fat egg nog recipes. If you buy commercial egg nog, you will be delighted to find low-fat or fat-free egg nog out there - we can even find soy nog!

**\*\*Try other versions of alcohol:** instead of beer, cider, Bailey's and Kahlua, try dry wine, Bloody Marys or spirits with diet mixer which have fewer calories. Remember: Calories from alcohol tend to be stored in the abdomen. People who are overweight actually gain weight more easily when they consume alcohol.

**\*\*Drink plenty of water:** alcohol and coffee can dehydrate your body.

**\*\*Physical activity:** take nice brisk walks with your loved ones and enjoy their company in the holiday season.

**E**ating four of these a week can cut your kidney-cancer risk in half. Hint: You need to peel it. Yep, we're talking bananas. They're bursting with phenolic compounds that appear to thwart renal-cancer cells. And that's not all the monkey's favorite fruit brings to your body. Phenols, Potassium, B6 and folate, plus calcium, magnesium, and vitamin C. For a healthy (and satisfying) snack, top rice cakes with bananas and natural peanut butter. Or do like the monkey, and just peel it!

## Four Nutrients Reduce Risks

Getting the right amount of these four nutrients reduces your risk of osteoporosis, arterial aging, heart attack, and cancer.

### Calcium

Your goal: At least 1,600 milligrams (mg) a day for women and 1,200 mg for men. An 8-ounce glass of skim milk has 300 mg to 500 mg. A serving of low-fat yogurt, swiss cheese, or ricotta cheese has 200 mg to 250 mg. Whole grains, dark leafy greens (collard greens, spinach, and kale), and almonds (1/4 cup has about 100 mg) are extra sources of calcium, too. Look for "calcium-fortified" on labels -- you'll often see it on OJ, breakfast cereals, some breads, graham crackers, and more.

### Folate

Your goal: 700 micrograms (mcg) of folate -- also known as folic acid -- a day. Eat beans. Add 1/2 cup of black-eyed peas (100 mcg), lima beans (80 mcg), soybeans/edamame (100 mcg), or garbanzo beans (80 mcg) to soups, salads, and other dishes. Have 1/2 cup of asparagus (190 mcg), spinach (60 mcg), or broccoli (50 mcg) with lunch or dinner. Other veggies that pack a big folate punch: artichokes (one large = 150 mcg) and brussels sprouts (four large = 130 mcg).

Munch on 1/4 cup of sunflower seeds (80 mcg), a cup of Os cereal (100 mcg), an orange (40 mcg), or a cup of blackberries (50 mcg).

### Vitamin C

Your goal: At least 800 mg a day (unless you're taking a cholesterol-lowering statin drug, in which case, keep it to 50 mg twice a day). Eat at least four servings a day. Have an orange (70 mg); a tangerine (26 mg); or a cup of cantaloupe (65 mg), strawberries (85 mg), or sliced mango (45 mg).

Eat at least five servings of vegetables a day. Dunk 1/2 cup of green pepper strips (95 mg), broccoli (41 mg), or cauliflower (46 mg) into low-fat yogurt dip and you'll get some calcium,

too. Start juicing. Pour yourself an 8-ounce glass of orange juice (125 mg), pineapple juice (60 mg), grapefruit juice (72 mg), or tomato juice (45 mg). Vitamin C is an antioxidant that reduces arterial aging and helps prevent fatty plaque build-up on blood vessel walls. It also boosts your immune system, promotes healing, builds collagen in the skin, aids in joint repair, and helps you metabolize proteins. Wow! **Note:** If you take warfarin (Coumadin) or dicumarol or are considering taking any blood-thinning medication, please talk to your doctor before increasing your vitamin C intake through supplementation or diet. If you have hemochromatosis, please talk to your doctor before increasing your vitamin C intake.

### Vitamin E

It's difficult to get enough E from food alone, so consider adding a daily supplement of 400 international units (IU). But if you're taking a statin drug, keep E supplements to 100 IU. Eat foods rich in vitamin E. Sprinkle wheat germ on your yogurt; snack on hazelnuts, almonds, or peanuts; add avocado and mango to your salads; serve sweet potatoes for dinner. Cook with E. Use a little safflower, canola, or corn oil when cooking -- they're all good sources of vitamin E.

## Toast the Holidays with Lattes

SAN CLEMENTE – The holidays are just around the corner and Californians are already thinking about how they can make their celebrations unique, not only with the dishes they serve but with the drinks as well. While alcoholic beverages are top of mind during the holidays, two-time National Barista Champion Heather Perry has partnered with GOT MILK? to give drink enthusiasts another option to toasting the holidays with family and friends.

Perry's homemade latte recipes are not only economical compared to ordering drinks from coffee houses, the main ingredient in the lattes, milk, also contains the vitamins and calcium needed for strong bones, muscles, teeth, hair and nails. "Lattes are flavorful, festive and easy to make," says the 2007 and 2003 United States Barista Champ. "Serving lattes during the holidays is perfect because they bring comfort to guests as family and friends reminisce on memories of the past year."

Perry, a California native, says people don't need to spend hundreds of dollars on an espresso machine to make the perfect latte. She says making a strong brewed coffee with a coffee press or moka pot is all that latte enthusiasts need.

Plus, people can easily find the basic latte ingredients such as coffee, chocolate and of course, milk in their kitchens. Available on [www.gotmilk.com](http://www.gotmilk.com),



## A Kid Favorite

There's something sweet and creamy that kids love -- and it may actually be good for your blood sugar. It's not chocolate pudding. It's peanut butter. Adults in a recent study who ate this childhood fave at least five times a week reduced their risk of type 2 diabetes by 27 percent. Go Nutty

Researchers speculate that the unsaturated fats in nuts -- and nut butters -- may partly explain the big dip in diabetes risk. These healthy fats may somehow improve insulin sensitivity and keep your blood sugar stable. The fiber and magnesium in nuts may also decrease insulin demand and resistance.

**Peeper protection.** Eating nuts at least once a week may save your vision and prevent this sight-stealing disease.

**Heart help.** Eating a serving of nuts twice a week can slash your heart attack risk by almost half.

**Mood boosting.** Here's how nuts banish the blues and make you smile.

**Glowing skin.** They're part of our healthy skin diet.

Eating a low-fat diet -- and eating healthful unsaturated fats when you do eat fat -- can make your RealAge as much as 6 years younger. [www.realage.com](http://www.realage.com)

Perry shares her favorite holiday latte recipes with Californians which include: *Pumpkin Spice Latte* – A combination of milk, espresso or strong brewed coffee and pumpkin pie mix brings comfort to those who enjoy flavors of nutmeg and cinnamon in their drink.

*Peppermint Mocha Martini* – This non-alcoholic beverage is made of milk, espresso or strong brewed coffee and chocolate syrup all shaken in a martini shaker with ice. Dip the rim of a martini glass in crushed peppermint candy and you have an elegant drink to serve to guests.

*Tres Leches Latte* – Perry turns a popular Latin cake into a delectable latte. Mix steamed milk, condensed milk, espresso or strong brewed coffee and top with whipped cream, powdered sugar and maraschino cherry for a sweet holiday treat.

*Holiday Frozen Hot Chocolate* – No holiday celebration is complete without a chocolaty drink. This chocolate lover's dream is made with milk, non-dairy creamer, powdered chocolate and ice all combined together until smooth in a blender and topped with whipped cream and sprinkles.

To learn more about Perry's holiday latte recipes, visit [www.gotmilk.com/recipes](http://www.gotmilk.com/recipes). Have a healthful, happy Holiday.

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