

Keeping your health and well-being in the know

MyHealth TALK

January 2012

Courtesy of Asset Health

Begin your year with a healthy start by trying these daily actions:

JANUARY 2012						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year! 	2 Check the batteries in your smoke and carbon monoxide detectors.	3 Find a walking buddy and motivate each other.	4 Eat a new fruit or vegetable that you have never tried before.	5 Be sure to finish eating at least 2-3 hours before bedtime.	6 Use portion control at restaurants. Divide your meal in half and take home the rest for tomorrow's dinner.	7 Go ice skating at your local ice rink or a frozen pond or lake.
8 Pack a healthy lunch every day this week. *(See below)	9 Try to get at least 7-8 hours of sleep a night.	10 Encourage someone by saying something positive to them today.	11 Make sure you drink 8, 8oz. glasses of water a day.	12 When the weather is too bad to walk, head for the mall.	13 Go snow shoeing at a local park.	14 Treat yourself to a day of relaxation. 
15 Rinse and cut up veggies when you get home from the market. They will be readily available for snacking.	16 Walk in place for 20 min. while watching the news or your favorite TV show.	17 Check with your local community's calendar for activities to join.	18 Run some errands for or take an elderly neighbor shopping.	19 Try a recipe with a vegetable you've never tried before. (*See back)	20 Turn on some music and dance with your kids.	21 Volunteer at a food bank or animal shelter.
22 Exercise with a friend today or sign up for a fitness class at your local gym.	23 Schedule annual physical exams for you and your family.	24 Brighten someone's day by saying "Hello". 	25 Purchase a pedometer to track how many steps you take per day. Goal is 10,000.	26 Be sure to schedule family dental exams every 6 months.	27 Read an article regarding health and wellness.	28 Go bowling for an evening of fun with friends.
29 Add some fiber to your diet: have a cup of raspberries or 2 cups of air-popped low fat popcorn.	30 Floss!	31 Try the whole wheat option: Try using brown rice and whole wheat pasta.				

Try these healthy lunch options for the coming week:

- Salmon lettuce wraps with light sesame Asian dressing; 1 can of broth-based soup; and an orange.
- Whole wheat pita with vegetarian refried beans, salsa, lettuce and shredded cheddar cheese; and apple slices w/peanut butter.
- A green salad loaded with canned chunk light tuna, carrot strips, pepper slices, tomato wedges, red beans, and dried cranberries topped with balsamic vinaigrette; with a cup of low fat chocolate milk.
- A peanut butter and banana sandwich on whole wheat bread; a piece of fresh fruit; and low fat yogurt.
- Whole-wheat tortilla roll with turkey, low-fat mozzarella, red pepper, and lettuce; with fruit salad and a glass of skim milk.

APPETIZER

SPINACH AND ARTICHOKE DIP

INGREDIENTS

- 1 – 8 ounce package light cream cheese softened
- 1/4 cup light mayonnaise
- ½ cup grated Parmesan cheese
- 2 garlic cloves, minced
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 – 14 ounce can artichoke hearts, drained and coarsely chopped
- 1 – 10 ounce package frozen chopped spinach, thawed and squeezed dry
- ¾ cup grated part skim mozzarella cheese, shredded

1. Adjust oven rack to lower-middle position and heat oven to 400 degrees. Coat a 7-8 inch decorative baking dish with vegetable oil spray. Set aside.
2. Mix cream cheese, mayonnaise, Parmesan, garlic, oregano, salt and pepper in a medium bowl until well combined. Stir in artichoke hearts and spinach.
3. Turn into prepared pan, top with mozzarella and bake until heated through, about 20 minutes. Leaving pan on lower rack, turn oven to broil and continue to cook until cheese is spotty brown, 2-3 minutes longer.
4. Let cool for a couple minutes before serving.

Yield: 8 Servings

Nutritional Information

Per Serving: 156 Calories; 11g Fat (65.3% calories from fat); 8g Protein; 5g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 411mg Sodium

DESSERT

QUICK BAKED PEARS

INGREDIENTS

- 2 large Bosc pears
- 2 teaspoons sugar
- 1/4 teaspoon cinnamon
- 1/4 cup dried cranberries or dried mixed fruit (such as Sun-Maid Fruit Bits)
- 1/4 cup low-fat granola
- 1/4 cup apple juice
- 1/2 cup vanilla low-fat frozen yogurt, divided into 4 small scoops

1. Peel pears; cut in half lengthwise. Use a melon baller or grapefruit spoon to remove core and seeds, creating a hollow.
2. Place pear halves, with cut sides up, in a glass pie plate. Combine sugar and cinnamon; sprinkle evenly over pears.
3. Combine cranberries and granola; mound into hollows of the pear halves. Pour the apple juice in and around pear halves. Cover dish loosely with wax paper.
4. Cook in microwave on HIGH 6-8 minutes or until the pears are tender when pierced with a knife. Let stand in the dish 5 minutes. Use a large slotted spoon to transfer the pears to serving plates.
5. Drizzle juices from pie plate over pears and serve with frozen yogurt.

Yield: 4 servings

Nutritional Information:

Per serving: 176 Calories; 2g Fat (Saturated Fat: 1g, Trans-fat: 0g); 16mg Cholesterol; 32mg Sodium; 40g Carbohydrates; 3g Protein; 4g Fiber; 1mg Iron; 78mg Calcium

MAIN COURSE

OREGANO LEMON CHICKEN

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 2 tablespoons lemon juice
- 1 tablespoon no-trans-fat margarine or butter, melted
- ¾ teaspoon dried oregano
- ½ teaspoon lemon pepper seasoning
- 1/8 teaspoon salt
- 2 teaspoons finely chopped parsley or chives, if desired

1. Heat oven to 375°
2. Coat small baking dish with cooking spray. Place chicken in a single layer in dish. Pour lemon juice and margarine over chicken. Sprinkle with oregano, lemon pepper, and salt.
3. Bake 15-20 min or until thermometer inserted in thickest portion registers 160° F and juices run clear.
4. Serve drizzled with pan juices. Sprinkle with parsley or chives.

Yield: 2 servings

Nutritional Information:

Per serving: 160 Calories; 5g Fat (Saturated Fat: 1g, Trans-fat: 0g); 75mg Cholesterol; 350mg Sodium; 2g Carbohydrates; 26g Protein