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Health and Wellness
Promotion*

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Friends of Parkside

*Henry Ford Health
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Lean and Green In Motown

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Eating Healthy During the Holidays

Hello Eastside! Winter is here and so are the holidays. Whether you celebrate Christmas, Kwanzaa, Hanukkah or the coming of the new



year, all these celebrations will most likely have one thing in common—lots of delicious food. The average person puts on between 1 and 5 pounds over the holidays. These pounds are often not lost during the rest of the year. This can pose a risk for cardiovascular health. The average holiday dinner has a total of 3,450 calories which is equal to one pound of weight. But before you cancel the turkey or the ham, here are some tips to eat healthy and stay healthy during this season and still enjoy the foods you love.



- First, when you see all that food in front of you, think of **moderation**. All foods are healthy as long as you eat a balanced diet and manage your portion sizes. For example having one slice of the pecan or pumpkin pie won't cause a lot of problems. Going for the second or third slice is how the calories and pounds add up.
- Second, **start with the lighter foods**. Salads and vegetables will provide needed fiber and make you feel more full as you move onto the main meal. You will have less room in your stomach and you'll be more likely to eat less of the high calorie foods such as desserts.
- **Bake, broil or steam your vegetables**. Season with herbs and spices or use a vegetable spread, instead of adding extra calories with butter.
- **Scrub potatoes or yams well and cook and eat them with the skin on**. This adds minerals, vitamins and fiber. Season with roasted garlic or herbs, or use low fat sour cream, low fat cream cheese, or 2% milk to reduce the calories.
- **Use whole wheat bread for stuffing**, this will add nutrients as well as fiber. If the stuffing calls for broth, use the low sodium kind or reduce the amount of sodium by substituting half the broth with water. (For more healthy tips, see back side.)



Making your meal a little more healthy will go a long way in improving the overall quality of your meal for you and your guests. Also don't forget to exercise. Even a small 15 minute brisk walk will add some activity and will help you feel better. (For more physical activities in your area, see back side.)

HEP wishes you a happy and healthy holiday season !

Source: www.straighthealth.com and www.monahancenter.org



Recipe for the Season

HEALTHY HOLIDAY RECIPE



Holiday Waldorf Salad

This salad always seems to be a perfect accompaniment with a holiday meal, whether the main entrée is turkey, pork or beef. The red apples, green celery, brown walnuts and dark raisins give it a festive quality on your holiday plate. An added plus is the high nutrient quality of the ingredients. This recipe decreases the amount of fat in the traditional recipe by substituting light mayonnaise, nonfat mayonnaise or nonfat yogurt.

Number of Servings: 6

Ingredients:

- 2 cups apples with red skin, diced
- 1 cup celery, finely diced
- 1/2 cup walnuts, chopped
- 1/2 cup dark seedless raisins or seedless grapes, halved
- 1/3 cup light or fat free mayonnaise, or nonfat yogurt
- 1-2 Tbsp. lemon juice

Preparation Instructions:

Toss the diced apples in lemon juice. Add remaining ingredients and toss with the mayonnaise or yogurt. Enjoy!

Nutritional Analysis per serving:

	With light mayo	With Fat free mayo	With non fat yogurt
Calories	139	104	103
Protein (g)	1.4	1.4	2.1
Carbohydrates (g)	19	19	18
Fat total (g)	7.8	3.5	3.5
Sodium (mg)	100	125	30

Source: Karmanos, www.karmanos.org/answers/recipes/waldorf.html

HEP's Healthy Tip for You!



Tips for preparing healthier meals these holidays.

- Replace butter with unsaturated oils such as olive oil.
- Use non-fat or reduced-fat dairy products such as low fat whip cream.
- Remove skin from poultry or use lean cuts of meat such as the breast.
- When preparing recipes that call for eggs, leave out the egg yolks to cut the cholesterol.
- Serve roasted vegetables, fruits, nuts and reduced fat cheeses for appetizers.
- Instead of stuffing, try grains like beans or corn.
- Try winter squash for an alternative to potatoes.
- Choose broth-based soups instead of cream-based.
- Make a healthy dessert with fruits instead of sugar and flour.

Source: www.monohancenter.com



Physical Activity in your Area

Chair Aerobics: Tues. and Thurs. 9:30 - 10:30 am at Farwell Recreation Center, 2711 East Outer Drive.

Hustle and Ballroom for Seniors: Every Wednesday 9:30- 10:30 am at Matrix Human Services/ Mt. Zion Center 13560 E. McNichols.

Hustle and Ballroom: every Thursday, 5:00 - 7:00pm at Friends of Parkside, 5000 Conner.

Saturday Walking Club: Every Saturday 9:00 -10:00 am at Southeastern Village, 1501 Canton.



Get Involved

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