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# BecauseWeCare

Healthy Ideas For A Healthy Workplace



## Eat, Drink & Be Healthy

The holidays are here again, and along with them come a few extra pounds that weren't there last year! So with a season of high-fat, high-calorie holiday treats ahead, is this really the time to start worrying about your diet?

Yes and no, according to Page Love, a registered dietician who provides nutrition counseling to the Atlanta Braves and the US synchronized swimming team. "People gain weight gradually, so realistically they need to lose the weight over an extended period of time. Don't expect to drop 15-20 pounds quickly just for the holidays," she says. "Personally, I consider *maintaining* your weight at this time of year a success."

But with a plan and realistic expectations, you can break the holiday binge cycle. Page offers these tips for weighing in on holiday fun without tipping the scales:

Don't skip meals to "make room" for evening parties. "You can eat a little less protein or fat during the day, but try to stay on track with regular meals. Otherwise, you'll be so hungry that you'll overdo it at the buffet table," she says.

Beware of "disguised" healthy foods at holiday get-togethers. "You're going to find a lot of breaded, overcooked vegetables covered with cheese. People tell themselves it's OK because they're eating vegetables, but they underestimate the amount of hidden fat."

Not recognizing when you're full is often a culprit in overeating. So eat slowly and give yourself time to feel full. Take a break to decide whether you've actually had enough, and don't wait too long between meals and snacks to avoid that "starved" feeling. Page adds, "Remember, it's okay to leave food on your plate!" -Jeff Silver

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# Get Real for Stress-Free Holidays

For some families, the holidays are a recipe for stress. How do you keep the holidays fun and avoid family squabbles? Get real! According to the American Psychological Association and the Family Institute, holiday stress often results from unrealistic expectations.

**Be yourself.** Don't expect you or your loved ones to magically change into the perfect family, particularly if you normally don't get along.

**Set limits.** Children's expectations can often lead to family stress, particularly if finances are tight. Don't feel guilty telling your child the family simply can't afford expensive toys this year.

**Give love.** The focus on gifts often stresses out families who are stretched financially. Teach your family the difference between meaningful holiday activities and commercial retail hype.

**Be realistic.** Be realistic about sick loved ones. Don't expect them to improve drastically in time for celebrations. If you're sick, don't feel guilty for wanting to rest or avoid stressful events.

**Manage your time.** Keep the number of activities on your schedule manageable. Families need time to relax and just enjoy the peace of the season.

## Page's Holiday Party SURVIVAL TIPS

1. Have a light snack (like skim milk or fruit) ahead of time.
2. Arrive late. It's fashionable and less fattening.
3. Socialize away from the buffet table – and out of reach of temptation.
4. Scan the buffet table and make your choices before you get in line.
5. Be the last in line to minimize time for seconds.
6. If you drink alcohol, remember – the higher the proof, the higher the calories.
7. When you're finished eating, have a mint (or brush your teeth) to signal your body that you're "done."



## Turkey Day MINUS the Turkey

Thanksgiving is fast approaching and this year the *vegetarians* are coming! Don't panic, traditional holiday cooks! Tasty, meatless entrees and side dishes that incorporate familiar Thanksgiving foods will taste great to everyone at the table.

**Roasted sweet potato and white potato spears:** Toss potato spears with olive oil; roast in 400° oven on a nonstick baking sheet until tender and browned. Sprinkle with a mixture of finely chopped parsley and green onions.

**Oven-braised fennel with Gruyère:** Place trimmed, halved fennel bulbs in a baking dish. Cover and bake until tender. Just before serving, sprinkle grated Gruyère on top; broil until cheese is melted.

**Spaghetti squash and tomatoes:** Cook squash in boiling salted water until tender. Scrape the flesh from the shell. Sauté chopped garlic in olive oil. Add the squash and canned diced tomatoes; simmer. Garnish with fresh basil.

**Couscous with broccoli and pine nuts:** Add toasted pine nuts to cooked couscous. Top with steamed broccoli and drizzle with olive oil.

**Stuffed baked potatoes:** Cut baked russet potatoes in half and scoop out the flesh. Mash with cottage cheese, olive oil, salt, and pepper. Spoon the flesh back into the skins, sprinkle with Parmesan cheese, and bake until the tops are golden.



Click to celebrate the art of cooking with *Celebrate Healthy Entertaining for Any Occasion*.

## Beat the Holiday Blues

Not everyone's schedule will be packed with family gatherings and festive parties this holiday season. Millions of people spend part or all of the holidays alone. If you find yourself feeling lonely at the holidays, remember – you're not alone!

**EMBRACE IT.** Quiet time can provide a welcome respite from



your fast-paced lifestyle. This is a perfect time to pamper yourself, read a book without interruption, or even redecorate a room in your home.

### ATTEND CELEBRATIONS.

Many local churches and schools offer concerts and programs you can attend on your own.

**EXERCISE.** If you have extra time on your hands this holiday season, step up your workout routine. Moderate exercise promotes physical health and mental well-being.

**VOLUNTEER.** Help out in a soup kitchen or spend time at an animal shelter. Many worthwhile community programs could use your help.



Click to get involved with others in your community.

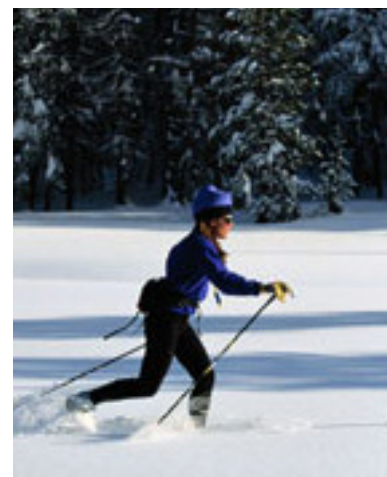
## Winter Weather WORKOUTS

As cool weather sets in for the season, don't settle down for a long winter's nap. Some of the best aerobic and total body workouts can be done right in your own home, health club, or local indoor pool.

Just 30 minutes of moderate-intensity physical activity daily will not only burn fat, but it will also lower your cholesterol level, build muscle and bone, and improve your mental health. And better yet, you can get the same benefit from 10-minute segments of exercise three to four times a day.

To achieve your winter workout goals, choose activities that are fun and convenient.

SUMMER	WINTER EQUIVALENT	CALORIES BURNED
Aerobics (low impact)	Snow Shoveling (light)	370
Cycling (10 mph)	Stationary Bike (10 mph)	441
Gardening	Window Cleaning	324
Golfing	Splitting Logs	240
Hiking Steep Hills	Indoor Rappelling	675
Jogging (6 mph)	Jumping Rope	675
Mowing Lawn	Mopping Floors	324
Rowing	Indoor Rowing Machine	400
In-line Skating	Step Aerobics	675
Swimming	Cross Country Skiing	603
Tennis	Indoor Basketball	405
Badminton	Indoor Volleyball	250
Walking	Mall Walking	297



Click to make your exercise count.

*These figures represent the approximate calories burned per hour and will vary according to weight.*

## Shake Tobacco Temptation

If you're trying to quit smoking, the holidays can be a tough time. Knowing your triggers and how to manage them can mean the difference between a smoke-free season – and the slip that costs you your quit.

**Be a host.** Consider hosting the family dinner to keep your mind occupied. Shopping and cooking will certainly keep you busy.

**Don't overindulge.** Be aware of how much you're eating and drinking; it's easy to give in to tobacco temptations when you're overindulging.

**Stay away from alcohol.** Stick to club soda, nonalcoholic punch, or apple cider.

This will curb the urge to light up when drinking and will help keep off extra pounds.

**Avoid spicy and sugary foods.** These tend to enhance the craving for cigarettes.

**Plan ahead.** Planning can help you avoid situations that may cause unnecessary stress – and the temptation to smoke.

**Call for help.** Call the American Cancer Society at 1-800-ACS-2345 to double your chances of quitting successfully.



Click to get help kicking the habit – for good.

# POTATOES

## *A Healthy Holiday Classic*

### Skinny Spuds

#### *Mashed potatoes with onions*

6 large potatoes, peeled and cut into quarters  
 2 teaspoons corn oil margarine  
 2 medium onions, finely chopped  
 1 tablespoon water  
 1/2 cup 1% low-fat milk, divided  
 Salt and pepper to taste

Cook onions in margarine and tablespoon of water in a heavy skillet over heat until tender, but not brown, and set aside. Boil potatoes in a large saucepan until tender. Drain and dry potatoes. Cream potatoes with 1/2 cup of milk in a large bowl and mash, making potatoes smooth and fluffy. Add onions, salt, and pepper. Makes 6 servings.

*Approx. per serving: 158 calories, 2 grams of fat*



Click to order the American Cancer Society's *Healthy Eating Cookbook*.

South America's Incas first cultivated potatoes around 200 B.C. Potatoes were first introduced to the US in the 1600s, but the first permanent potato patches were not established until 1719, near Londonderry, New Hampshire. In October 1995, the humble potato became the first vegetable to be grown in space.

According to the United States Potato Board, 96 percent of Americans aren't aware of how healthy potatoes can be. They're low in calories, cholesterol-free, and high in potassium, vitamins B6 and C, and dietary fiber. The potato contains zero fat, and a 5.3-ounce potato has only 100 calories.

Potatoes only become fattening when we add toppings and other ingredients, so enjoy a guilt-free, naked spud or two this holiday season!

## Avoid Holiday PIG-OUTS

With all the sweets, party fare, and lavish meals that abound during the holidays, just maintaining your weight is a major feat. But holiday meals need not be diet-busters!

- Partake of everything you enjoy; just cut the servings in half.
- Don't graze on everything on that party buffet. Choose only foods that pique your interest.
- Eat slowly. Give your brain time to tell your stomach it's full.
- Alcohol is loaded with calories, so substitute fruit or vegetable juices.
- Eggnog contains about 340 calories per serving, so opt for the lighter version.
- Take a brisk walk after meals, or try skiing, ice skating, or sledding.

### In The Next Issue

- **Healthy Office Parties**
- **Juggling the Hectic Holidays**
- **Healthy Holiday Gifts**

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All content for BecauseWeCare is provided by the American Cancer Society.

*Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.*

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