



# Partners in Prevention

Taking Health & Safety to Higher Ground

November 2017

## YOUR GAMEPLAN TO LIVE

### Eat This Not That - Healthy Food Swaps

Eating clean is tough during holiday time when rich (not the healthiest) foods have a way of cropping up and creeping back into our diets; so it's no surprise that the average American gains a pound or two (or more) between Thanksgiving and New Years. The following are some fairly simple swaps that you can make for healthy foods vs. non-healthy without much sacrifice.

- **Sour Cream – Plain Greek yogurt** – In recipes, Greek yogurt tastes nearly the same as sour cream, which has practically no nutritional value. Greek yogurt is high in protein.
- **Pasta – Spiralized zucchini noodles or spaghetti squash**. You can also find many plant-based pastas including black bean pasta, edamame pasta, and more. Add your sauce, and enjoy a nutrient-dense vs. empty calorie healthy swap.
- **Mashed Potatoes – Cauliflower Mash** – A cup of mashed potatoes has approx. 200 calories before gravy or butter. Cauliflower mash has the same texture and a similar taste, is deliciously nutrient-dense; contains vitamin C, all the goodness of a cruciferous vegetable, lots of fiber – all for about half the calories of mashed potatoes.
- **Green Bean Casserole – Sautéed Garlic Beans w Slivered Almonds**. Green bean casserole contains fried onions, butter, cheese, salt, and cream of mushroom soup – far from good for you.
- **Creamy Dips – Hummus** – It tastes great and is also full of protein, fiber, and calcium.
- **Pumpkin Pie – Crustless Pumpkin Pie or Pumpkin Pudding** – Skip the high empty calorie crust! These substitutes are low in calories, gluten-free, and nutrient-dense (as long as you keep the recipes low in sugar.)
- **Fruit Pies – Grilled Fruit or Fruit Cobbler** – Using spices and rolled oats vs. high-fat no-nutrition crust.

### Lights Out if You Want a Good Night's Sleep!

It is becoming more and more difficult to get a good night's sleep, especially if you like to stay "plugged in" within the confines of your bedroom. Electronic screens of all kinds beckon us with easily accessible entertainment 24/7; and so not only are we up when we should be sleeping, we are also exposing ourselves to blue light (also in LEDs and fluorescent lights). These light sources at night interrupt circadian rhythms as well as melatonin levels. Incandescent lights are a healthier light source, but too bright of any of these light sources can be damaging. Basically, the lower the light—the better—after dark. So... if you want a better night's sleep, expose yourself to bright sunlight in the morning and early afternoon to set your internal clock. Avoid



### Leftover Turkey and Apple Salad

Serves 2

#### Ingredients:

- Mixed Baby Greens, or salad greens of choice
- About 1 c leftover turkey, shredded
- 1 apple, cut into matchsticks
- 2 oz. sharp white cheddar cheese, cut into matchsticks, or shredded
- 2 T walnuts
- 2 T dried cranberries
- Creamy Greek Yogurt Maple Dijon Dressing or other Honey Dijon dressing
- Optional whole wheat tortillas if you'd like to make into a wrap

#### Directions:

Divide salad greens between two plates (or tortillas). Top each with half of the turkey, apple, cheddar cheese, walnuts, and cranberries. Drizzle with salad dressing.

Adapted from: <https://cupcakesandkalechips.com/autumn-turkey-apple-salads-wraps-weekdaysupper-familydinnertable/>

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blue light exposure after sunset. Keep your bedroom dark—even dim light can be disturbing when you are sleeping...eye masks are a worthy item to have on hand.

## Don't Feel Like Working Out?

But you KNOW you NEED to, right? We all do. Inactivity is as dangerous a health risk factor as smoking! If you don't or can't work out now and again, you can still be active by:

- Taking the stairs instead of the elevator.
- Parking much further away than you need to.
- Walking around your office (vs. intercom or email...).
- Arranging your office so that things are not at your fingertips and you have to get up to get things.
- Setting a watch or phone alarm to get up from your office chair every 30-60 minutes to move.
- Considering a stand-up desk or an exercise ball as a desk chair. Sitting on an exercise ball engages core muscles and helps improve balance and flexibility.
- Walk while talking on the phone.
- Try a walking meeting vs. a sit-down meeting.
- Exercising while doing everyday mundane things such as: squats while you brush your teeth, pushups, leg lifts, or sit-ups during commercials, marching while you prepare dinner, walking around your house while doing lunges, using a pair of dumbbells to do arm exercises while watching television... you get the idea.
- Getting a fitness tracker and, of course, using it!

**Be creative! All activity counts! Your goal is to be up and moving MORE than you sit.**

## Benefits of Ginger and Storing it Properly

Many people keep their ginger root out because when they purchase it at the market, it is often not refrigerated. However, it dries out very quickly left out on the counter. Once you notice that it is starting to wrinkle, know that it is quickly losing flavor and its medicinal potency. To keep it fresh for longer (up to 3 weeks), place your ginger root unpeeled in a re-sealable plastic bag in the crisper drawer of your refrigerator. Squeeze the air out of your bag and blot moisture from any cut ends.



To freeze ginger (keeps for up to 6 months): Peel and grate fresh ginger root, scoop up your desired amounts and place on parchment paper on a tray in the freezer until completely frozen. You can then transfer your ginger dollops to an airtight container for convenient use.

### Some of ginger's benefits include:

- Improves digestion and anti-nausea
- Helps to relieve cold/congestion
- Anti-blood clotting ability
- Anti-inflammatory properties
- Reduces pain
- Helps to keep cholesterol in check
- Boosts immunity
- Removes bad breath



## Healthier Classic Stuffing

**Serves 8-10**

### Ingredients:

- 1/2 cup grass-fed butter or ghee
- 5 large celery stalks
- 1 large onion
- 1 tsp. dried thyme
- 1 tsp. salt (note: salt to taste)
- 1 tsp. ground pepper
- 1/4 cup fresh sage leaves, finely minced
- 2 1/2 cups low sodium organic chicken broth
- 2 loaves (cubed 1/2") sprouted grain bread of choice
- 1/3 cup fresh Italian flat-leaf parsley leaves, finely minced
- 3 tablespoons fresh rosemary (sticks discarded), finely minced
- 1 egg
- Olive oil or cooking spray

### Directions:

Place cubed bread on a baking sheet and bake, stirring occasionally, until dried out, approx. 45 minutes. *(To save time on day of, bake and dry out bread the night before. Leave out uncovered until you're ready to make stuffing.)* Preheat oven to 350 degrees. Melt butter in skillet over medium heat. Add celery and onion. Cook until tender, slightly browned, stirring occasionally. Whisk egg, chicken broth and add to skillet. Stir in rosemary, thyme, salt, pepper, sage to skillet and remove from heat. Place bread cubes in very large bowl. Add mixture from skillet and toss to mix well. Spray 13-inch by 9-inch glass baking dish with olive oil cooking spray. Spoon stuffing into baking dish. Spray top of stuffing lightly with cooking spray. Cover with foil and bake 40 minutes. Uncover and bake additional 40 to 45 minutes, or until top is lightly golden brown. Serve immediately. Tastes best fresh, but will keep in airtight container in refrigerator 4-5 days.

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## The Top 4 Ways to Avoid Cold and Flu This Season

**COLD AND FLU SEASON IS OFFICIALLY HERE**, and, unfortunately, cold and flu viruses are extremely contagious. BUT, if you are careful and consistent with your preventative care, you definitely have a good shot at avoiding these illnesses.

### HERE ARE THE TOP 4 TIPS TO AVOIDING THE COLD & FLU...

1. **Wash Your Hands and Use Hand Sanitizer — a lot.** No matter what line of work you're in, if you come in contact with people who are contagious, or even objects they may have touched, you have to wash your hands over and over throughout the day. **ESPECIALLY** if you know you were near someone who is sick.

To completely get rid of viruses from your skin, you need to scrub hard for 20 seconds or more. A good way to time yourself is to sing "Happy Birthday" twice while scrubbing the backs of your hands, your palms, between your fingers, and under your nails.

**When you are not near a sink, rub an alcohol-based hand sanitizer onto your hands.**

2. **Don't Touch Your Face.** Cold and flu viruses enter your body through the eyes, nose, or mouth. Touching your face is a major way children AND adults catch colds. Many people have a habit of touching their hands to their face throughout the day—resting your hand on your chin, rubbing your eyes, or even biting your nails—be very conscious where your hands are *and* if you have washed them.
3. **Sanitize your environment.** If you're in an environment where germs could be lurking, which you most likely are, sanitize things that may have been touched already—doorknobs, light switches, faucets, refrigerator handles, keyboards, etc. Some people may think it is hyper vigilant, but if you really don't want to catch it—better safe than sorry!
4. **Keep Up A Healthy Lifestyle To Boost Your Immune System.** Get adequate rest, exercise on a regular basis, eat foods that give you energy and make you feel well—especially vegetables and fruits. Watch your alcohol consumption. Heavy alcohol use suppresses the immune system in a variety of ways and dehydrates the body.

**At Occupational Athletics, we know that the future of healthcare is in the *prevention* of illness and injuries.**

**It is our mission to provide preventative care utilizing sports medicine principles and lifestyle modification training to create an atmosphere of health, safety, and performance to allow employees to enjoy an enhanced quality of life and reach their retirement—and beyond—SUCCESSFULLY!**



## Coconut-Lime Leftover Turkey Rice Soup

Try this twist on turkey soup! Lime juice, ginger, and coconut milk take leftover roasted turkey to the next level. Don't skip the addition of fresh herbs on top as they really add to the health benefits, and really brighten the flavors.

### Ingredients:

- 3 cups organic or homemade chicken broth
- 3 T fresh-squeezed lime juice
- 5-6 thin slices fresh ginger root
- 2 medium garlic cloves, sliced in half
- 1 1/2 T soy sauce
- 1 can coconut milk
- 2 cups leftover diced or shredded turkey
- 1/2 tsp. (or more) green Tabasco (or other hot sauce of your choice, or use a diced fresh chile)
- 1 1/2 cups cooked brown rice or cauliflower rice (for low carb)
- 1/2 cup chopped cilantro (or 1/4 cup chopped basil, or sliced green onions)

### Directions:

Slice 5-6 thin slices of ginger root. Peel 2 medium garlic cloves and slice in half. Put chicken stock into a heavy soup pot and start to simmer, then add ginger root slices, garlic cloves, lime juice, and soy sauce. Let simmer on low for about 20 minutes, or until flavors are well blended.

While the soup base simmers, shred apart the leftover turkey into bite-sized pieces until you have 2 cups. After 20 minutes remove the garlic and ginger pieces and add turkey, coconut milk, and green Tabasco sauce (or other) to the soup and let it continue to simmer on low about 6 minutes more. Be sure the heat is low enough that the soup won't boil after the coconut milk has been added. After 6 minutes add the cooked brown rice or cauliflower rice, and let it simmer for a couple of minutes. Add chopped herbs or green onions and simmer for 1-2 minutes more. Serve hot, with sliced limes to squeeze into the soup if desired.

Adapted from: <https://kalynskitchen.com/recipe-for-coconut-lime-turkey-or/>



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