

CHEMUNG COUNTY OFFICE OF AGING AND LONG TERM CARE

STAYING HEALTHY AS WE AGE

www.chemungcountyny.gov

607-737-5520

December 2022



When it comes to maintaining a healthy lifestyle it is sometimes difficult to keep up with all year long but especially so during the holiday season. There are so many celebrations and so many temptations. It is important to keep your schedule and healthy habits throughout the month of December so that you do not need to start all over on January 1.

Here are a few of my favorite things to do to keep yourself healthy throughout the holiday season, and beyond:

Keep Active

The chaos of holiday schedules can make it extremely difficult sometimes to fit in scheduled workouts/activity. Fit in activity first thing in the morning so it will not get skipped! If you find it hard to fit it in find other methods to keep active. Heading to the mall later for last minute shopping? Take the steps when possible. Wanting to see the Christmas lights in the neighborhood? Walk instead of drive.

Indulge Without Overindulging

Though it is okay to indulge over the holiday season, overdoing it can down spiral all efforts towards health goals and then some. Indulge with intention, and especially if a holiday party is supplied with tempting foods at every corner, only bother with foods you truly enjoy. One rule of thumb that you can try to follow is to enjoy foods that you don't get all year round such as a special family recipe cookie, your sister's special stuffing, or any other favorite traditional holiday dish.

Don't Forget: It Is Okay to Say "No"

Remember, it is okay to say "no" when someone offers you something they personally prepared. So rather than overeating just to please your loved ones, you can approach the situation in a number of ways: You could mention your new health journey and trying to stay mindful or simply say you will take a piece of Aunt Jane's infamous pecan pie to-go, as you are content for the moment and do not want to overdo it.

For more ideas
check out
myplate.gov



Heart Healthy Maple-Spiced Pecans



Ingredients:

- 1 egg white
- 2 tablespoons pure maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon cayenne
- 1/4 teaspoon salt
- 1/2 pound pecan halves
- Cooking spray (optional)

Nutrition Facts

214 Calories
3 gm Protein
20 gm Fat
2 gm Saturated Fat
3 gm Fiber
80 mg Sodium



Directions:

Preheat the oven to 325°F.
In a large glass or metal bowl, whisk the egg white until frothy.
Whisk in the maple syrup.
Whisk in the cinnamon, ginger, cayenne, and salt.
Using a spatula, gently fold the pecans into the egg whites, coating them evenly.
To prevent the nuts from sticking, line a baking sheet with a silicone baking mat, or lightly spray the baking sheet with cooking spray.
Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together.
Bake for 8 minutes.
Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Bake for 7 minutes.
Remove the baking sheet from the oven. Stir the nuts so they do not stick together. Cool the nuts completely before storing them in an airtight container.

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Healthy Holiday Eating

Wellness Tips

- Prioritize "me time"
- Practice Self-Control When it comes to Food
- Be mindful of Your Alcohol Consumption
- Get Plenty of Sleep
- Enjoy Quality Time With Loved Ones
- Plan Ahead to Avoid Last Minute Stress
- Stick to Your Budget

Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

Fit in Your Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

Recipe Ingredient Swaps;

Swap out refined grains, swap in whole Grains. Use whole wheat flour in place of all purpose.

Swap out butter for avocado works best for recipes that are made with chocolate such as brownies or cookies.

Swap out heavy cream, sour cream or cream cheese for Greek yogurt. This is lower in fat and higher in protein and still provides creaminess.

Swap out eggs for flax seeds. 1 tbsp of flax mixed with 2.5 tbsp warm water will replace one egg.

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Chemung County Department of Aging and Long Term Care Eat Well Live Well Program

Mon	Tue	Wed	Thu	Fri
			1 Chicken & Broccoli	2 Bbq Pork Riblets
5 Chili Con Carne	6 Meatloaf	7 Roast Pork with Gravy	8 Chicken Cordon Bleu	9 Beef Burgundy
12 Sweet & Sour Chicken	13 Stuffed Peppers	14 Pulled Pork Sandwich	15 Swiss Steak	16 Bbq Chicken
19 Sloppy Joe	20 Parmesan Baked Fish	21 Stuffed Cabbage	22 Hamburger	23 Chicken Cordon Bleu
26 CLOSED	27 Hamburger	28 Chicken & Biscuits	29 Beef Cheese Steak	30 Hotdog with Meat sauce

Menu subject to change without notice

Reservations required at least one day in advance.

Make a reservation with your site manager or call 607-737-5520 to sign up