

UHC Seasonal Health Update Summer 2019

OBESITY PREVENTION

✦ Use smaller plates and cups



A bigger plate tricks your eyes into thinking you're not eating as much. A picnic-size plate (9 inches) is just the right size to control portions, as long as you don't fill it twice. Use smaller cups for drinks such as soda, punch or juices. Better yet, just stick to water or seltzer and use whatever glass size you'd like!

✦ Avoid eating while doing other activities.



Eating while reading, watching TV or working on the computer is another sure way to overeat. This is what is called 'mindless eating'. Not only do we lose out on the enjoyment of what we are eating, but we are unaware of how much we eat and crave more because we're not mentally present while eating it. If you *must* eat while doing other activities, take one portion in a small bowl or plate and when it's empty, you're done.

✦ Don't clean your plate

Remember your parent's advice about the clean plate club? Ignore it. But that doesn't mean you have to waste food. Take half to go and bring it for tomorrow's lunch or split a meal with a friend. Another option: ask the server to pack half to go before it comes to the table. No waste, save money, and save your waistline.

✦ Don't skip breakfast



Skipping the first meal of the day sets you up for overeating later in the day and makes it more difficult to make healthy choices. When we feel very hungry, we tend to grab anything that comes our way, and it doesn't tend to be a carrot stick. In short, skipping breakfast has been shown to increase your risk of overeating.

✦ Don't dive in



Have you ever been to a buffet and been tempted to fill your plate to the rim? The best strategy at any buffet-style meal is to take a lap around and decide what appeals to you most. Then, fill half your plate with salad or vegetables and try 2 small portions of foods that will satisfy you the most. If you are still tempted to return, opt for more salad, but keep the dressing to a minimum.

✦ Slow down, chew more

It takes about 20 minutes for your brain to understand that your stomach is full. This means that the faster you eat and the less you chew, the more you can shovel in. Savor your food and you'll find you eat less. If you are still hungry after 20 minutes, enjoy a small second helping. Stop eating when you are 75% full. How to know? You feel you could still eat more, but you don't. Another good rule of thumb: chew your food until you can no longer distinguish what food you are eating.

UHC Will Be Closed:

July

Thursday 7/4/19 and Saturday 7/6/19

In Observance of
Independence Day

August/September

Saturday 8/31/19 and Monday 9/2/19

In Observance of
Labor Day

Summer early closings at 3pm

Friday, July 26th and Friday, August 23rd

Be Safe in the Sun

Summer is a great time to enjoy the outdoors. However, it's important to protect yourself from the sun and avoid getting overheated.

Here are a few things you can do to protect yourself:

- **Use sunscreen.** Sunscreen should be applied 30 minutes **before** going outdoors and reapplied at least every two hours. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher.
- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's heat. It is also a good idea to wear hats or to use a light-colored umbrella.
- **Drink water.** Carry water with you and drink continuously **even if you do not feel thirsty**. Avoid alcohol and caffeine (soda), which dehydrate the body.
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you are showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

REMINDER

Summer months are the best time for your annual diabetic foot exam!

In the Kitchen

Black Bean Burgers

WITH GUACAMOLE & SALSA

You'll want to plan ahead with these burgers as the patties need to spend some time in the fridge firming up.
Serves 4

Ingredients:

1/2 cup roasted pumpkin seeds, finely ground
2-3 tbsp olive oil
1 large onion, diced
2 garlic cloves, minced
1 chipotle chile in adobe sauce, minced
1 tsp cumin
1/2 tsp oregano
15 oz tin of black beans, rinsed and drained (save the liquid for this recipe or use water for low salt option)
2/3 cup bean liquid or water
3/4 cup fresh breadcrumbs

Directions:

- 1). Heat 1 tbsp olive oil in a skillet and cook the onion gently until softened (about 8 minutes). Add the garlic, chile, cumin, and oregano and cook for 1-2 additional minutes.
- 2). Add 1/3 of the beans and liquid to the onion mixture and mash the beans into the mixture with a potato masher. Add another 1/3 and repeat. Add another 1/3 and repeat. Cook the bean mixture until all the liquid has cooked away (but don't overcook or the beans will get flaky). Remove the bean mixture to a bowl and allow it to cool for about 15 minutes.
- 4). When cool, mix in the ground pumpkin seeds and 1/4 cup of the breadcrumbs. Spread the remaining breadcrumbs on a board.
- 5). Divide the bean mixture into four equal parts. The mixture will be too sticky to work with your hands so use a couple of big spoons. Take 1/4 of the bean mixture and drop it into the breadcrumbs. Use the spoons to flatten and shape the patty, sprinkling breadcrumbs on all sides.
- 6). Once the patties are covered with breadcrumbs, use your hands to finish shaping them. Place patties on a plate and refrigerate for 1 hour.
- 7). Heat 1-2 tbsp olive oil in the cleaned skillet until very hot, but not smoking. Cook the patties for 3-4 minutes on each side. Serve on a warmed whole wheat tortilla with guacamole, salsa, low-fat sour cream, and shredded lettuce.

Source: albioncooks.blogspot