

UHC Seasonal Health Update

Fall 2019

TIRED OF DIETING? **LIFESTYLE CHANGES THAT** **MAKE A DIFFERENCE**

Buy smaller dishes (9"), The more we are served, the more we will eat. If you use smaller plates, dishes and cups, you will eat and drink less. Use larger plates for salad and larger cups for water.

Cook more: Making homecooked food is always the best option. We tend to eat smaller portions at home. Learn to prepare healthy and simple meals at home to avoid eating fast food or grab and go processed foods. Think about meals you can make in larger amounts; Use the leftovers for lunch or dinner the following day.

Focus on fruits and vegetables. Add one serving of vegetables to at least one meal each day and increase it every few weeks. Frozen vegetables are a good option if you don't have time to prepare fresh ones. Include at least one piece of fruit daily as a snack or as part of your meal. Eating more of these watery foods, such as broccoli, string beans, berries and apples, can help fill you up and reduce the portions of heavier foods.

Snack only when hungry: Let your body get hungry for meals and avoid snacks if you're not actually hungry. Snacking was created by large food companies to sell their products without consideration of our health. If you are hungry, eat real food not processed snack foods. Examples of real foods are fruits, vegetables, hummus, nuts, nut butters.

Be honest with yourself: Ask yourself: are the foods I'm choosing worthy of me? Do these foods hurt or help my body? Do they make me feel bad or sick? That being said...

No foods are forbidden (the half rule)- Instead of avoiding your favorite treats, have half of what you might want to eat. For example, eat half of a piece of cake or half of a bagel. At the end of that week, you will have had half as many unhealthy items as you might have eaten while avoiding feeling deprived.

Avoid night time grazing: Brush, floss and rinse your teeth with mouthwash after dinner to avoid after-dinner grazing. This signals your body and mind that you're done for the day.



Cover Your Cough

- * Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- * Wash your hands with warm water and soap or alcohol-based hand sanitizers after eating, or touching your eyes, nose or mouth.
- * See your doctor as soon as you can if you have a cough and fever, and follow their instructions, including taking medicine as prescribed and getting lots of rest.
- * If asked to, use face masks provided in your doctor's office or clinic's waiting room; follow their instructions to help stop the spread of germs.
- * Wash your hands after touching anyone else who is sneezing, coughing, blowing their nose, or whose nose is running.
- * Don't share things like cigarettes, towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.

FLU VACCINE IS HERE!

Don't forget, flu season is upon us. Please remember to ask your provider or any staff member about getting the flu vaccine.



October is Breast Cancer Awareness Month

Please take a look at the display in our bulletin board.

STAYING **Active**

We asked our staff members what they do to keep active in the colder months. Here's what they had to say:

"I walk 1 mile to the park as my warm up, jog 1 mile in the park, and walk 1 mile back home. I feel great all day!"

"I go to the gym or if I don't feel like going out, I do hand weights and jump rope at home."

"I take the stairs all day at work instead of using the elevator. It really makes a difference."

UHC Will Be Closed:

October

Monday 10/14/19 in observance of Columbus Day

November

Thursday & Friday 11/28/19-11/29/19 in observance of Thanksgiving

December

Tuesday & Wednesday, 12/24/19 & 12/25/19 in observance of Christmas Eve & Christmas Day

January

Wednesday 1/01/20 in observance of New Years Eve

UHC Early Closure

Tuesday 12/31 we will close at 3pm in observance of New Year's Eve

IN THE KITCHEN

Acorn squash stuffed with white beans and spinach



Ingredientes

- 2 calabacitas medianas, cortadas a la mitad y sin semillas
- 1 cucharadita más 2 cucharadas de aceite de oliva virgen extra, dividido
- 1/2 cucharadita de sal, dividida
- 1/2 cucharadita de pimienta recién molida, dividida
- 1/2 taza de cebolla picada
- 2 dientes de ajo picados
- 2 cucharadas de agua
- 1 cucharada de pasta de tomate
- 8 tazas de hojas de espinacas picadas
- 1 lata de 15 onzas de frijoles blancos, enjuagados
- 1/4 taza de aceitunas picadas
- 1/3 taza de pan rallado integral
- 1/3 taza de queso parmesano rallado

Preparation

1. Cut a small slice off the bottom of each squash half so it rests flat. Brush the insides with 1 teaspoon oil; sprinkle with 1/4 teaspoon each salt and pepper. Place in a 9-by-13-inch (or similar-size) microwave-safe dish. Cover with plastic wrap and microwave on High until the squash is fork-tender, about 12 minutes.
2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add onion; cook, stirring, until starting to brown, 2 to 3 minutes. Add garlic; cook, stirring, for 1 minute. Stir in water, tomato paste and the remaining 1/4 teaspoon each salt and pepper. Stir in spinach, cover and cook until tender, 3 to 5 minutes. Stir in white beans and olives; cook until heated through, 1 to 2 minutes more. Remove from the heat.
3. Position rack in center of oven; preheat broiler.
4. Combine breadcrumbs, Parmesan and the remaining 1 tablespoon oil in a bowl. Fill each squash half with about 1 cup of the spinach mixture. Place in a baking pan or on a baking sheet. Sprinkle with the breadcrumb mixture. Broil in the center of the oven until the breadcrumbs are browned, 1 to 2 minutes.

Serves 4