

Health: 10 Tips for Healthy Living During the Holidays

1. Get a flu shot. Flu season peaks in January/February, but the sooner you protect yourself, the better. Who should get the flu vaccine? According to the Centers for Disease Control, healthcare workers; individuals 50 years of age and older; people with chronic medical conditions; children ages 5 and younger; and pregnant women. Contact your physician for more information.

2. Traveling for the holidays? If you're making your trip to snowy regions, be sure to prepare an emergency kit with: blankets; food and water; jumper cables; kitty litter or sand for traction; flashlight; batteries and battery-operated radio; first aid kit; plastic bags (for sanitation); and maps. If stranded in your car, stay with your car and keep moving your arms and legs; put a bright cloth on your antenna; and run the engine and heater for 10 minutes every hour, no longer.

3. Be prepared for power outages in your home; have on-hand: batteries, a battery-operated radio and lamps; extra medication; and non-perishable food.

4. Manage stress — don't over-commit yourself to avoid anxiety. Take "time outs" and delegate ... you don't have to do it all, and you don't have to do it all at once.

5. Monitor children — every minute, 17 children require emergency treatment due to unintentional injuries.

6. Practice fire safety — don't leave lit Christmas trees, candles, fireplaces, space heaters or stoves unattended. More than 400 American lives are lost to fires during the holiday season.

7. If you are diabetic, remember to monitor your blood sugar levels; make wise decisions regarding your food, and avoid overeating.

8. Do NOT drink and drive. Save the numbers of your local cab companies in your phone; designate a non-drinking member of your party as the driver; or plan to stay overnight at your location.

9. Wash your hands thoroughly — for at least 20 seconds — and often; this will help limit the spread of germs.

10. Practice food safety — refrigerate leftovers within two hours of preparation, and eat your refrigerated leftovers within four days or freeze them immediately.

<http://www.aymag.com/ay-magazine/December-2011/10-Tips-for-Healthy-Living-During-the-Holidays/>



Top 10 Incredible Food Facts

10. Coffee The Fact: The most expensive coffee in the world comes from civet poop. Kopi Luwak are coffee beans that come from Civet (a cat sized mammal) poo. The animals gorge on only the finest ripe berries, and excrete the partially-digested beans, which are then harvested for sale. Kopi Luwak is the most expensive coffee in the world, selling for between \$120 and \$600 USD per pound, and is sold mainly in Japan and the United States, but it is increasingly becoming available elsewhere. My question is: who the hell discovered that it tasted good?

9. Feast The Fact: The largest food item on a menu is roast camel. The camel is stuffed with a sheep's carcass, which is stuffed with chickens, which are stuffed with fish, which are stuffed with eggs. This feast is sometimes featured in Bedouin weddings.

8. Bugs The Fact: The FDA allows you to sell bugs and rodent hair for consumption. The FDA allows an average of 30 or more insect fragments, and one or more rodent hairs, per 100 grams of peanut butter. I will certainly think twice before buying my next jar!

7. Soup The Fact: The first soup was made of hippopotamus. The earliest archeological evidence for the consumption of soup dates back to 6000 BC, and it was hippopotamus soup!

6. Refried Beans The Fact: Refried beans are only fried once. The reason for this misconception is a translation error. The originals are frijoles refritos which actually means "well fried beans" — not re-fried.

5. Worcestershire Sauce The Fact: Worcestershire sauce is made from dissolved fish. Worcestershire sauce, the popular English sauce, is made from dissolved anchovies. The anchovies are soaked in vinegar until they have completely melted. The sauce contains the bones and all.

4. Popsicle The Fact: The Popsicle was invented by an 11 year who kept it secret for 18 years. The inventor was Frank Epperson who, in 1905, left a mixture of powdered soda and water out on the porch, which contained a stir stick. That night, temperatures in San Francisco reached record low temperature. When he woke the next morning, he discovered that it had frozen to the stir stick, creating a fruit flavored ice treat that he named the epsicle. 18 years later he patented it and called it the Popsicle.

3. Microwaves The Fact: Microwave cooking was discovered accidentally, when a chocolate bar melted in someone's pocket. This is very true and very scary — imagine what it was doing to his leg! The fact is, Percy LeBaron Spencer of the Raytheon Company was walking past a radar tube and he noticed that the chocolate bar in his pocket melted. He then tested popcorn in front of the tube (surely turning up the power and standing out of the beam), and it quickly popped all over the room. He is (obviously) known as the inventor of the Microwave oven.

2. Peanuts The Fact: Dynamite is made with peanuts. Peanut oil can be processed to produce glycerol, which can be used to make nitroglycerin, one of the constituents of dynamite. Note, there are other processes that can be used to make dynamite without using peanuts at all.

1. Coconut Water The Fact: Coconut water can be used (in emergencies) as a substitute for blood plasma. The reason for this is that coconut water (the water found in coconuts — not to be confused with coconut milk, which comes from the flesh of the coconut) is sterile and has an ideal pH level. Coconut water is liquid endosperm — it surrounds the embryo and provides nutrition.

<http://listverse.com/2007/12/17/top-10-incredible-food-facts/>

December 2012 Newsletter

Chocolate Cranberry Bars ~ 60 servings ~

Ingredients

- * 2 eggs
- * 1-1/2 cups (375 mL) dried cranberries
- * 2 oz (57 g) white chocolate, chopped
- * 1 can sweetened condensed milk
- * 4 oz (113 g) bittersweet chocolate, chopped
- * 1/2 cup (125 mL) chopped hazelnuts

Base:

- * 2 cups (500 mL) chocolate wafer crumbs
- * 1/2 cup (125 mL) butter, melted

Preparation:

Line 13- x 9-inch (3.5 L) metal cake pan with parchment paper or grease.

Base: In bowl, stir chocolate wafer crumbs with butter until moistened; press into prepared pan. Bake in centre of 350°F (180°C) oven until firm, about 10 minutes. Let cool on rack.

Meanwhile, in bowl, beat eggs with condensed milk; stir in cranberries, bittersweet and white chocolates and hazelnuts. Spread over base. Bake in centre of 350°F (180°C) oven until set in centre, about 20 minutes. Let cool on rack. *(Make-ahead: Remove from pan; wrap and refrigerate for up to 5 days. Or overwrap in heavy-duty foil; freeze for up to 1 month.)* Cut into bars.

Nutritional Info: Per piece: cal 84, pro 1 g, total fat 4 g, sat. fat 2 g, carb 10 g, fibre 1 g, chol 13 mg, sodium 44 mg, % RDI: -calcium 2, iron 2, vit A 2, folate 2 **Source:** Holiday Celebrations: 2007 Canadian Living



TIP: Use Music to Control Stress

Switch up your music when you're stressed. Avoid the heart-pumping beats you hear in the gym. Tune in some classical music and listen actively. Pay attention to the sounds and how your mood changes. Studies show that the right music can calm the mind and body.

Source:
YummyMummyClub.ca

3 reasons to eat more figs

Figs are a tasty source of nutrition that can help prevent heart disease and cellular damage. Discover three great reasons to eat more figs, plus three tested-till-perfect fig recipes from our Test Kitchen. Figs offer a succulent fruity flavour and high nutrient concentration, making them a must-have item on your next grocery list. Bursting with all sorts of vitamins and minerals, the regular consumption of figs can help combat high blood pressure and heart disease, and can also maintain healthy skin.

Here are three great reasons to eat more figs:

- 1. They're nutrient-packed powerhouses.** Fresh and dried figs contain magnesium, manganese and vitamin B6. Dried figs also have high amounts of calcium and iron.
- 2. They combat heart disease.** Figs contain potassium and fibre, two key players in helping reduce risk factors that lead to heart disease. Potassium is an important mineral that helps prevent and treat high blood pressure. Fibre helps lower cholesterol levels: You'll find three grams of fibre in four dried or two fresh figs.
- 3. They boast an abundance of antioxidants.** Figs are dense with antioxidants, which help ward off cellular damage. Dried figs have the most antioxidants, followed by ripe fresh figs.

http://www.canadianliving.com/health/nutrition/3_reasons_to_eat_more_figs.php

~ Holiday Hours ~

Monday December 24th - Wednesday December 26th : CLOSED

Thursday December 27th - Sunday December 30th : OPEN

Monday December 31st - Tuesday January 1st : CLOSED



And the Winner is...
Maryke McEwen
for the month of
November!



Happy Holidays
from All of Us
on the FitnessWorks
for Women Team!