

# Community Connections

An in-house newsletter

## 10 Reasons to Clean Your Plate During the Holidays (and Every Day)!

1. **Go nuts.** Almonds are a rich source of heart-healthy mono-unsaturated fats, riboflavin, magnesium, fiber and vitamin E. Walnuts are a storehouse of alpha-linolenic acid (a good fat).
2. **Talk turkey.** Got protein? 3 ounces of lean white or dark meat contains 26 grams of it. Turkey's also a good source of the vitamins niacin, B-6 & B-12. It also has more tryptophan than any other protein. This helps produce the "feel good" neurotransmitter—serotonin.
3. **Scoop up oyster stuffing.** An ounce of shellfish (about 4 cooked oysters) contains a whopping 400% of your daily allowances for vitamin B-12 and zinc, in addition to 23% of the iron you need each day.
4. **Drink to your health.** Red wine is especially rich in a trio of antioxidants, all of which benefit your heart and cholesterol.
5. **Crantastic.** A half cup of berries provides 1 ¼ grams of fiber and helps prevent urinary-tract infections. Choose whole cranberry sauce instead of jellied.
6. **Green bean casserole deconstructed.** Beans have 2 grams of fiber per half cup, along with folic acid and vitamin C. Tip: steam or microwave beans to retain more vitamins.
7. **Sweet on potatoes.** Even below a cloud of marshmallows and brown sugar, a medium-sized tuber delivers 3.5 grams of fiber, 300% of the daily allowance for vitamin A, and 40% of that for vitamin C.
8. **Power sprouts.** You get 3.5 grams of fiber in a half cup of Brussels sprouts and 64% of your daily allowance of vitamin C. These "little cabbages" also reduce the risk of cancer and heart disease.
9. **Don't skip desserts.** A slice of pumpkin pie provides half of your daily requirement of vitamin A and 3.5 grams of fiber. A slice of pecan pie delivers heart-healthy fat, 3 grams of fiber & 20% of your day's selenium.
10. **Dip shrimp.** 3 ounces of shellfish (9-10 cooked shrimp) provides less than a gram of fat and 12 grams of protein. Enjoy the cocktail sauce to get a healthy dose of lycopene.

Adapted from Health magazine, November 2002

*Happy Holiday Season  
from ACE!*

## Toolbox

Self-soothing activities:

- ❖ Buy a flower
- ❖ Light a scented candle or boil cinnamon and allspice in water
- ❖ Sing your favorite song
- ❖ Pet your pet
- ❖ Get a massage, manicure or pedicure

## Housekeeping

We appreciate your help in keeping ACE clean and comfortable for all. Please remember to:

- Throw away leftover food
- Wipe off counters, placemats, tables and microwaves
- Put dirty dishes in the dishwasher or wash them Start the dishwasher after meal group
- Clean up the group room after session

## Resources

Books for people in recovery

Eating in the Light of the Moon by Anita Johnson, PhD

Sensing the Self: Women's Recovery From Bulimia by Sheila M. Reindl

When Women Stop Hating Their Bodies: Freeing Yourself From Food and Weight Problems by Jane Hirschmann, MSW & Carol Hunter

Transformation Soup: Healing for the Splendidly Imperfect by Sark

Check out the website:  
AdiosBarbie.com

It is a source for looking at your body in a different and healthy way that also incorporates humor and support.

### *Inner Thoughts*

"What should you weigh?"

Weigh your priorities, weigh your values, weigh your goals, weigh your relationships, weigh your dreams.

Listen to your body, not your scale."

-EDIN

## Kitchen pantry

### The Basis of Good Nutrition

Planning healthy nutrition is actually quite simple if you follow "3-5-7"

**3:** 3 basic words

**5:** 5 food groups that form the basis of the food guide pyramid

**7:** 7 U.S. dietary guidelines that are the cornerstone of federal nutrition policy. These dietary guidelines provide advice about food choices that promote health and reduce risk of chronic disease

#### **3 basic words:**

- balance
- variety
- moderation

#### **5 basic food groups:**

- bread, cereal, rice & pasta
- Vegetables
- Fruit
- Milk, yogurt & cheese
- Meat, poultry, fish, dry beans & nuts
- Fats, oils & sweets

#### **7 U.S. dietary guidelines:**

- eat a variety of foods
- balance the food you eat with physical activity
- eat plenty of grain products, vegetables & fruit
- low in fat, saturated fat & cholesterol
- moderate sugar
- moderate salt & sodium
- if you drink alcoholic beverages, do so in moderation (for those over 21 years of age)