



Healthy Eating/Healthy Holidays

December is here, which means for the next four weeks, you may often find yourself in close proximity to chocolate truffles, cheese plates and *a lot* of chips and dips. It would be downright unrealistic to expect abstinence from these goodies, because part of what makes this month special for many is the breaking of bread with family, friends and colleagues. Add merriment and a glass or two of wine and all too often we are not even thinking about what we have eaten until we're finding the party clothes a bit too snug by New Year's Eve.

Wouldn't you feel much better about indulging in seasonal treats if you were sticking to a daily exercise routine? Make it simple. What can you do every day that will be convenient and accessible regardless of your schedule or inclement weather? No excuses!

Good Old Walking

Baby it's cold outside, so if you are going to take a daily walk, invest in some hiking shoe/sneaker hybrids and insulated, waterproof gear. For the coldest days I have a stock of hand warmers to keep in my pockets. There are also rechargeable versions. Dress in layers and be sure to hydrate. Don't forget to keep some podcasts or novels downloaded onto your smartphone. Make yourself a playlist of upbeat music so that you move with the beat and keep a good pace. Sometimes your walk will be energetic and sometimes it might have to be more of a relaxing stroll. Just make it a routine. Be sure to wear reflective items if you are walking when it is dark.

Tour de Maison

Outdoor cycling gets a lot trickier during this time of year. You can easily convert your bicycle for stationary riding with the purchase of a special bike stand. Most of these are less than \$100 and if you set your gears so there is enough resistance, you can get in a really good workout every day.

and FIVE and SIX and SEVEN and EIGHT

I can remember my mother and her friend getting together in the 1980's to do the Jane Fonda Workout. Since then there are thousands of great workouts available in a variety of formats (including YouTube). Find what's right for you and start incorporating it into your daily routine. Be consistent. If possible, exercise at the same time each day. Early morning is my time of choice because I get in a one-hour walk before the workday and it keeps me feeling energized for hours. (Plus, I love to see a different sunrise each day!) Don't be discouraged if you have to miss a session. Just be sure to get out there the very next day!

If you aren't already exercising and want to try something new, you might want to consult with your healthcare provider first.

Stay tuned for more tips and tricks on how to stay fit during the month of December!

Lisa Ertle, B.A., R.N. and the Healthy Nurse Healthy Nation 2017 Team

'Tis The Season to Be Cooking...

Is it possible to make delicious holiday meals without sacrificing flavor and fun? With a little bit of effort and creativity, the answer is a resounding YES! Here are a few tips to make your holiday cooking healthier without compromising the yum-factor.

- Substitute butter with chicken (or vegetable) stock in mashed potatoes
- Use fresh herbs and spices to amp up the volume!
- Steam veggies to preserve the nutrients
- Control your oil use with an oil mister or spray
- Swap 1-cup butter for 1/2 cup canola/vegetable oil and 1/2 cup applesauce or mashed banana when baking
- For dark baked goods like brownies, substitute butter with pureed prunes or a mashed banana
- Sub dairy milk with almond milk or coconut milk in your recipes. You may need to adjust the amount of sugar/ sweetening agent.

Go-to side: Roasted vegetables. Spray the pan with cooking spray, lay an assortment of vegetables in a single layer, add seasoning (my go-to is fresh garlic, kosher salt, fresh crushed black pepper and a splash of olive oil) and bake until lightly charred. A variety of bell peppers, squash, onions and mushrooms presents a delectable and attractive array at the table.

Go-to dessert: Chocolate fondue. Use good quality semi-sweet chocolate. Sub heavy cream with cashew milk if desired. Serve with pretzels (gluten-free if needed) and fresh fruits such as oranges, strawberries, cherries and bananas. At our house, this is the big hit. We gather around, eat, laugh and get messy!

Find some delicious recipes here:

<http://www.eatingwell.com/article/289516/best-ever-holidays/>

When you are all done with the holiday cooking, relax with a (better-for-you) glass of red wine.

Munira Wells and the Healthy Nurse Healthy Nation - New Jersey Team

Dealing with Food Allergies or Sensitivities

I know that there are many nurses out there who need to eat a special diet. Some nurses have food allergies or are gluten-intolerant and dairy-free. Some eat to accommodate a diagnosis or

health problem such as diabetes or gallbladder disease. You may know a few of these nurses, or you may be that nurse.

I am gluten-intolerant and have been gluten-free for over 10 years. Although I do not feel deprived eating a gluten-free diet, it does become difficult to ensure I eat gluten-free during the holidays. It is very important to my overall wellbeing to be able to eat the holiday foods and drinks of my culture and of my family traditions.

Everyone wants to partake in the traditional foods of the season or eat the foods of their religious beliefs. Sometimes, people who eat a special diet are embarrassed to ask for accommodations, but no one can afford to get sick from taking chances with their health in this case. Anyone eating a special diet should be able to enjoy the foods of their culture, religion or spiritual beliefs during the holidays. Here are a few tips and resources to help those of you who eat a special diet:

1. If you have food allergies, make sure you carry your emergency or rescue medications (epinephrine, Benadryl, albuterol) at all times and wear a medical alert bracelet or necklace listing your allergies and emergency information.
2. Those with a diabetes diagnosis find it difficult to maintain a healthy blood glucose level during the holidays due to the increased stress, holiday parties, and changes from a routine schedule. So, if you have a diabetes diagnosis, carry your insulin and glucagon pen with you at all times. Also, just as if you had a food allergy, wear a medical alert bracelet or necklace listing your diagnosis and any pertinent medical information.
3. Call your host ahead of time to see if your special diet can be accommodated. Don't be embarrassed to educate your host on your dietary needs. If you cannot be accommodated, ask if you can bring your own foods and deserts.
4. Call the restaurant or banquet hall ahead of time to determine if they can accommodate your special diet. Most restaurants today will accommodate you, and if they can't, they will usually allow you to bring your own food so you could still attend as a guest of the party.
5. Prepare your own holiday foods at home to take with you to holiday parties or buy them premade from reputable health food markets. Some reputable gluten-free or allergen free companies include: Katz (kosher), Enjoy Life (these products contain none of the top 8 allergens and are made in a dedicated allergen-free, gluten-free facility), Schar, Against the Grain, Udi's, Ian's, Glutino, Kinnikinnick, and Rudi's. These products can be found in your local supermarket or most can be ordered online.
6. Speak to your church about obtaining gluten-free communion wafers or purchase them online through Amazon to make them available for church services or Mass. Many churches or religious organizations are knowledgeable in food allergies and intolerances and are willing to accommodate you.
7. Alcoholic beverages are included in many religious and cultural traditions during the holidays. If you would like to imbibe, links for information on gluten-free alcoholic beverages are listed below in the resource list.
8. Speak to your coworkers and place of work to discuss your dietary needs and ask them to accommodate you during holiday gatherings held within your workplace.

9. Just because you are on a special diet does not mean you should not use the strategies for healthy eating during the holidays discussed in the previous Healthy Nurse emails for this month. Please refer to the emails preceding this one to help you make healthy eating decisions during the holidays and all year around.

Be protective of your body and your health and don't be ashamed of your health needs. With a little planning, you will be able to enjoy the foods and drinks of the holidays without putting your health at risk. Please see the resource list below to assist you in enjoying your holidays.

Tracey Jaworski-Lucas, BSN, RN and the Healthy Nurse, Healthy Nation - NJ Team

Resources:

Gluten-free and Allergen-free products:

Katz: <https://katzglutenfree.com/>

Enjoy Life Foods: <https://shop.enjoylifefoods.com/>

Udi's: <http://udisglutenfree.com/>

Glutino: <http://www.glutino.com/>

Ian's: <http://iansnaturalfoods.com/about-ians/ians-story/>

Kinnikinnick: <https://www.kinnikinnick.com/index.cfm>

Against the Grain: <http://againstthegraingourmet.com/>

Schar: <https://www.schaer.com/>

Rudi's (bakery that offers gluten-free products): <https://www.rudisbakery.com/>

Gluten-free Holiday:

Gluten-free Jewish Holidays: <https://elanaspantry.com/jewish-holiday-recipes/>

Gluten-free Holiday Desserts: <http://www.geniuskitchen.com/ideas/gluten-free-holiday-desserts-6121?c=10634>

Gluten-free Communion Wafers:

Recipe for GF communion wafer: <https://gfjules.com/recipes/gluten-free-communion-wafers/>

Here is one online store where you can buy gluten-free communion wafers: <http://www.celebratecommunion.com/gluten-free-wafers>

A simple search on the internet will lead you to many more gluten-free and allergen free products and recipes.

Gluten-Free Alcohol:

<https://www.celiac.com/articles/222/1/Gluten-Free-Alcoholic-Beverages/Page1.html>

<http://www.glutenfreesurvivalguide.org/gluten-free-diet-guide/gluten-free-alcohol/>

<http://urbantastebud.com/gluten-free-alcohol-list/>

Special Diet Resources:

Celiac.com (a great resource for eating gluten-free with recipes): <https://www.celiac.com/>

Food Allergy resource (adults have food allergies too): <https://www.foodallergy.org/>

Gluten-Free RN (a gluten-free nurse who offers great resources on living gluten-free) on Facebook or <https://glutenfreern.com/>

Holidays and Diabetes:

https://www.medicinenet.com/tips_for_diabetes_care_during_the_holidays/views.htm

<http://www.diabetes.org/food-and-fitness/food/planning-meals/holiday-meal-planning/>

As we conclude the first Year of the Healthy Nurse (HN), it is time to reflect on our accomplishments.

What I have learned from this Healthy Nurse journey is that working together we can accomplish great things! The Healthy Nurse information this year helped me, and I hope they helped you too, to focus on what I could do to be healthier, such as:

- **Stop and breathe.** *Sit, close your eyes, take some deep breaths. Become calm and distance from the stressful situation.*
- **Take the stairs**
- Eat more berries the Power Food
- **Be thankful.**
- Quiet your mind and **Be Mindful**, it is the simplest form of meditation. Be mindful drinking your hot beverage: What temperature is the glass/cup/container your holding?

We hope that you were able to become a healthier nurse by simply taking better care of yourself. Although I still need to work on my goal of getting more sleep, I am quite proud of the NJSNA Healthy Nurse team that has spread the word about Healthy Nurse Healthy Nation to New Jersey nurses through emails, tweets, Facebook posts, and at the NJSNA convention.

And, I am happy to announce that in 2018 Healthy Nurse Healthy Nation will continue in New Jersey. So, as we get ready to ring in the New Year, we suggest two resolutions:

1. Find JOY! Look for the “good stuff,” and write down three good things every day.
Start by doing this for one week.
2. JOIN Healthy Nurse Healthy New Jersey and make a pledge
at: <http://njsna.org/healthy-nurse>

Sue Weaver and the Healthy Nation Healthy New Jersey Team