



9 Winter Foods to Eat Sparingly

In summer there is an abundance of light foods, but when winter rolls around it is natural to yearn for richer foods. However, foods that are holiday favorites are often packed with artery-clogging fat, calories and sodium, and studies show that many people gain weight between November and January. Although experts say that there are no “bad” foods and that a few bites of even the most fattening foods can fit into your diet, certain foods are worse for us than others. Below are nine winter foods picked by experts that are most likely to pack on the pounds. When you check nutritional numbers on these foods, keep in mind that most adults need fewer than 2,000 calories, 65 grams of total fat and 20 grams of saturated fat each day.

- Mac and Cheese
- Cream-based soups, bisques and chowders
- Cream-based and cheese-based casseroles
- Cheesecake treats
- Chili and stews loaded with ground beef, sausage and/or cheese
- Pies topped with whipped cream or ice cream
- Cookies
- Fried side dishes—chili cheese fries, onion rings, and plain old French fries
- Creamy pot pies with pastry on the top and bottom

Source: WebMD

Chapped Lips

Because lips do not contain oil glands, they tend to dry out very easily and become chapped. Chapped lips have many causes and they can occur during any season. The following tips can help prevent chapped lips:

- Don't lick. The constant wetting and drying that occurs with licking quickly causes chapped lips.
- Use lip balm that contains sunscreen. Because the sun can cause chapped lips and make already chapped lips worse, use a product that contains sunscreen with an SPF of 15 or higher.
- Cover your face. In the winter, especially on windy days, make sure you have a scarf or hat with a mask that covers your lips.
- Increase air moisture in your home by using a humidifier.

Source: American Academy of Dermatology

Holiday Poison Control

Mistletoe, holly, poinsettias, Jerusalem cherry plants and other plants commonly used as holiday decorations are potentially poisonous and should be kept out of the reach of kids. Additionally, “bubble lights” containing methylene chloride can be poisonous if a child drinks the fluid from more than one light (even if labeled nontoxic). Snow sprays may be harmful if the aerosol propellants are used improperly. If you suspect that your child has been poisoned, immediately call your doctor or the Tennessee Poison Center at (800) 222-1222.

Source: Nemours

Coping with SAD

Seasonal affective disorder (SAD) is a form of depression that appears when winter approaches and daylight hours become shorter. Current theories about what causes SAD focus on the role that sunlight plays in the brain's production of hormones regulating sleep and energy levels. Because symptoms of SAD are triggered by a lack of exposure to light, treatment for SAD often involves increased exposure to light during winter months. For someone with mild symptoms, it may be enough to spend more time outside during the daylight hours by exercising outdoors or taking a daily walk. Full spectrum “daylight” light bulbs also help with mild symptoms and fit in regular lamps to bring more “daylight” into your home during winter months. For stronger symptoms of SAD, a doctor may prescribe light therapy (also called phototherapy). In light therapy, a special light box or panel that simulates daylight is placed on a tabletop or desk, and the person sits in front of the light for a short period of time every day.

Source: Nemours



Preventing Falls Outside the Home

Each year, about one third of all persons over age 65 has a fall, and many of these falls result in broken bones. Common causes of falls include outdoor hazards, so try the following tips to help prevent falls when you are outside the home.

- Wear low-heeled shoes with rubber soles for more traction, including warm boots in winter.
- In winter, carry a small bag of rock salt or kosher salt in your pocket or car. You can sprinkle the salt on sidewalks or streets that are slippery. Or if sidewalks look slippery, walk in the grass for more solid footing.
- Look carefully at floor surfaces in public buildings. When floors have plastic or carpet runners in place, stay on them whenever possible.
- Keep your porch, deck, walkways and driveway free of leaves, snow, trash and clutter.
- Use a shoulder bag, backpack or purse to leave your hands free to grip rails.
- Stop at curbs and check the height before stepping up or down.

Source: National Osteoporosis Foundation

Preventing and Treating Kitchen Burns

The kitchen is the heart of the home, so it's not surprising that most accidental burns occur there. Fortunately, many of these burns can be prevented. Here are a few tips to help you make your kitchen a safer place.

- Always stay in the kitchen while food is cooking.
- Turn pot handles toward the back of the stove.
- Keep items such as dish towels, plastic bags and long sleeves away from the heating surface.
- Never cook while holding a child or pet and keep both away from the front of the stove.

If despite your best efforts, you or a family member suffers a burn in the kitchen, follow these first aid tips:

- Run cool water over the burned area or soak it in cool water (not ice water).
- Do not apply butter, ice, fluffy cotton dressing, adhesive bandages, cream, oil spray or household remedies to the burn.
- Cover the burn with a sterile bandage or a clean cloth and protect it from pressure and friction.
- Use over-the-counter medications such as ibuprofen or acetaminophen for pain.
- If a burn appears to be severe or you develop signs of infection, call your doctor.

Source: WebMD



Peach and Berry Crumble

Serves 4

Ingredients:

- vegetable oil spray
- 12 oz. frozen peach slices and 4 oz. frozen unsweetened raspberries
- 1/3 cup dried sweetened cranberries
- 2 tsp. cornstarch
- 2 tsp. fresh orange juice or water
- 1/2 tsp. vanilla extract
- 1/3 cup uncooked oats
- 1/4 cup sugar
- 1 tbs. flour
- 1/4 tsp. ground cinnamon
- 2 tbs. light tub margarine

Directions:

Preheat oven to 350°F. Spray nonstick 8x4-inch loaf pan with vegetable oil spray. In a bowl, combine peaches, raspberries, cranberries, cornstarch, orange juice and vanilla until cornstarch dissolves, and pour into pan. In a small bowl, combine remaining ingredients except margarine. Cut margarine into the oat mixture, and sprinkle over peach mixture. Bake for 25 minutes. Remove from oven. Preheat the broiler. Broil crumble for 3-4 minutes or until topping begins to brown. Remove from broiler and let stand for 30 minutes.

Nutrition Facts: 191 Calories, 3.5 g Total Fat, 0g Saturated Fat, 0 mg Cholesterol, 46mg Sodium, 38g Carbohydrate, 4g Fiber, 26g Sugar, 2g Protein

Source: www.goredforwomen.org