



Stay Healthy This Winter

Winter, in addition to being the holiday season is also the season of colds and flu. There are some things you can do to reduce your chances of getting and spreading colds and flu and enjoy the holidays.

Drink fluids. Drinking plenty of fluids is important in flushing out toxins and in helping get through a cold or the flu. In cold weather, we may not think about drinking fluids, especially water. It is just as important to continue to drink fluids in cold weather as it is in hot weather. Drink at least 6 to 8 cups of liquid daily. This could include water, fruits, vegetables, fruit juices, milk, coffee and tea.

Make healthy food choices. We tend to eat more during the winter, which can lead to unwanted weight gain. It is important at this time of year to continue to make healthy food choices. Be sure to include at least 3 servings of vegetables and 2 servings of fruit each day. Fruits and vegetables are very good sources of vitamins and minerals that will help to maintain good health.



Also be sure to eat plenty of whole grains each day. These foods are rich in fiber, vitamins and minerals.

Limiting sweets and high-fat snack foods can help prevent the unwanted weight gain.

Be sure to include 2 to 3 servings of low-fat milk, yogurt or cheese everyday to ensure good bone health.

Stay active. When it is cold and snowy outside, we are not as likely to go for a walk or do much work outside. However, regular exercise will help keep you healthy. There are plenty of activities to stay active even when it is cold. Check out your community recreation center for exercise classes, malls for indoor walking opportunities, or YMCA/ YWCAs for swimming or water aerobics.

If you live in an apartment building do your walking in the halls or climb a floor or two of steps instead of always taking the elevator. Look for a friend to exercise with, it is more fun and you are more likely to stick with it.

Hand washing. Wash your hands often. One of the most important things you can do to prevent flu is to wash your hands frequently. It is an excellent way to reduce your risk of getting and spreading cold and flu germs.

Remember use warm water and soap; wash your hands, up to the elbows if possible, for 20 seconds. Rinse thoroughly to remove soap and dry with a paper towel or clean towel.

If you drink plenty of fluids, eat healthy, stay active and wash your hands often you will have a better chance of staying healthy this winter.



Sweet Potatoes with Raisin Sauce

- 1-pound sweet potatoes (about 3 cups)
- ¼ cup raisins
- 2 teaspoons vinegar
- pinch cinnamon
- pinch ginger

Preheat the oven to 350 degrees. Peel and cube the sweet potatoes. Place all ingredients together in a large covered casserole dish and mix well. Cover and bake until tender, about 45-60 minutes. Serve hot.

Serves 4. each ½ cup serving: 159 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 13 mg sodium, 38 mg carbohydrate, 3.5 g fiber, 2 g protein.

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Holiday Tossed Salad

- 6 cups romaine lettuce or mixed greens
- ½ cup parsley (fresh), chopped
- ½ cup cranberries, dried or fresh-chopped
- ½ cup diced fresh orange segments or canned mandarins, drained
- ¼ cup red onion, chopped
- 2 tablespoon pecans, chopped
- 1 tablespoon red wine or cider vinegar
- black pepper to taste

Toss lettuce and parsley in large salad bowl. Top with cranberries, orange, pecans and onion. Refrigerate until ready to serve. Toss with oil, vinegar and pepper at service time.

Serves 4 each 2-cup serving; 92 calories, 6 g fat, 0.5 saturated fat, 0 cholesterol, 15 mg sodium, 9 g carbohydrate, 2.5g protein, 3.5 g fiber.

