# **Healthy Living Guide for Adults**







# What is keeping you and your family from a healthier lifestyle?

Is it the time commitment? The food? The boredom of exercise? The cost?

Most would agree on the benefits of living healthy, but these concerns keep many of us from taking the next step. The good news is that adopting a healthy lifestyle around eating well and staying physically active can be easy, fun, and inexpensive.

In this guide are practical tips and recommendations that will make healthier living easy to understand and even easier to do for the entire family. All of the information provided is based upon scientific research and proven best practices, including from Oasis Healthy Habits for Adults, a national, research-based program developed to help older adults lead healthier lives.

# **Getting Fit at Your Own Pace**

Physical activity can be intimidating, but we want to show you that it can actually be easy and fun. It is something that you can do at your own pace and the benefits will last long after you finish your activities.

### WHY get fit?

Obesity rates in America have doubled for older adults in the last 30 years. Over 60% of adults do not meet the CDC's recommended physical activity standards. Higher obesity rates have increased chronic disease and reduced quality of life. Isolation and a lack of meaningful paid or volunteer work exacerbate these problems.

The good news is that chronic conditions such as obesity, heart disease, arthritis and diabetes can be prevented or successfully managed with a healthy diet and physical activity. Often, these healthy behaviors result in modest weight loss, which may lower blood pressure, blood sugar or cholesterol levels and ease joint discomfort.

We hope that just as we encourage you to get fit, you will encourage each other!

### HOW can we get fit?

The goal is to make becoming and staying active easy, convenient and fun! Included in this guide are some simple and fun physical activities to help you.

### Type of activity

It is important to participate in a variety of exercises. Adding variety will keep you from boredom and help you discover what works best for you. The three main types of physical activity are:

- Aerobic activities (like walking and running)
- Muscle strengthening activities (like push-ups)
- Bone strengthening activities (like jumping rope or running)

# **Know Your Limits**

# As you exercise, be aware of signs that you are pushing your body too hard. These include:

Shortness of breath or having trouble catching your breath



Sore muscles or joints after 24 to 72 hours after being active Not feeling completely recovered after 30 minutes of rest

It is important to push yourself physically, but at your own pace. Pay attention to the way your body responds, which will help you avoid injury and make your exercise healthy AND safe.

### **Duration of activity**

Regular physical activity is an important part of staying healthy. The CDC recommends that adults age 18 to 64 get 120 minutes of moderate-to-vigorous activities every week. For older adults, age 65+, they recommend 150 minutes of moderate-intensity activities, 75 minutes of vigorous-intensity activities, or a combination of the two every week.

You don't have to achieve your weekly recommended amounts of physical activity all at once. You can break it up into smaller chunks of time during the day, as long as you're active for at least 10 minutes at a time.

### WHERE can we get fit?

Physical activity is not limited to an outdoor setting when the weather is nice. Every day, you are surrounded by opportunities to get moving: indoors, outdoors, mornings, afternoon, evening, and everything in between. Think outside the "outdoor" box! Here are some fun and easy suggestions that will help you start thinking about WHERE you can get moving.

### Outside

- Go on an outing that involves walking, like going to the zoo, a museum, or the park
- Go on a nature hike in nearby woods or park
- Take your dog or a neighbor's dog for a walk or jog
- · Go on a bike ride
- · Garden or work in the yard
- Go swimming

### Indoors

Dance

- Yoga
- · Climbing stairs
- Stretching
- · Step aerobics
- · Walking inside a mall
- · Sweeping floors
- · Lifting small weights
- Exercise classes like Pilates or T'ai Chi

# TIPS and TRICKS for getting fit

### **Be intentional**

 Make a list of the benefits you hope to gain from becoming more physically active, and post it where everyone can see it



- Write a list of excuses you might make for not doing physical activities you might enjoy, and the ways you can overcome them
- Write down the dates and times you'll do your physical activities, what you'll do, and who will do them with you
- Get fit with family or friends; it's more enjoyable and easier to stick to a routine when you have someone to be active with and to encourage you
- Always warm-up at the beginning of your exercise sessions and cool-down at the end by stretching, walking, or doing the exercise more slowly

### **Be creative**

It can be difficult to find time in your day to exercise or be active, but remember that simple tasks and chores count as physical activities. Here are some other ways that you can creatively add exercise to your day:

- · Sweep the house or rake the yard
- Do light aerobic exercises while watching TV
- Take the stairs instead of the elevator or escalator
- Walk or bike instead of driving or taking the bus
- Form a walking group among your friends and neighbors and schedule walks throughout the week

### Know Your Exercise Intensity

To measure how physically active you are:

- Assign a number for 0 to 10 where no effort is a 0 and the greatest effort is a 10, or
- Measure your heart rate

**Vigorous intensity** 

- Between 7 and 8 on the scale
- Heart rate more than 170 beats
  per minute
- Breathing much harder than normal

Goal

#### **Moderate intensity**

- Between 5 and 6 on the scale
- Heart rate between 120 and 150 beats per minute.
- Breathing a little harder than normal

Goal

### Low intensity

- Between 0 and 4 on the scale
- Heart rate less than 120 beats per minute.

# **Exercises**

Your body benefits most when you incorporate a variety of exercises when starting or enhancing your current physical activity plan.



# **Cardio Endurance Exercise**

What is it? These exercises use large muscle groups in rhythmic motions over a period of time. Cardio workouts get your heart pumping, and you may even feel a little short of breath after completing them!

### Why is it good for you?

- · Feel less tired and breathe easier
- Promotes independence by helping you do daily activities, such as walking, house cleaning, and errands.

# **Cardio Endurance Exercises**

### Jog in Place

Difficulty level: Easy/beginner

### Equipment required: None

### Instructions:

- 1.) Jog in place, lifting knees up; swing arms naturally in opposition.
- 2.) Land softly, ball of foot to heel.

### **Alternating Knee Lift**

Difficulty level: Moderate

**Equipment required:** None (chair for modified version)

### Instructions:

- 1. Standing tall, bring one knee towards your chest while twisting your opposite elbow towards your knee.
- 2. Alternate sides.

**Optional modified version:** Use a chair to hold onto for balance while doing the activity.





# Strength Training

**What is it?** Activities that build muscle with repetitive motion using weights or external resistance from body weight machines, free weights, or elastic bands.

### Why is it good for you?

- · Helps prevent bone mass loss
- · Builds muscle
- Improves balance (helps avoid falling)

# **Strength Training Exercises**

### **Dumbbell Curl**

Difficulty level: Easy/beginner

**Equipment required:** Light dumbbells or similar objects (two cans of food, two bottles of water, or any other household item that fits in your hand and provides resistance)

### Instructions:

- 1. Position two dumbbells to your sides.
- 2. Keep your palms facing in and your arms straight.
- 3. With your elbows to your sides, raise one dumbbell and rotate your forearm until it is vertical and your palm faces your shoulder.
- 4. Lower your arm to the original position and repeat with the opposite arm.
- 5. Continue to alternate between sides.



### Wall Push-Ups

Difficulty level: Easy

### Equipment required: None

### Instructions:

- 1. Find a large and empty wall and stand about 3 feet in front of it, hands outstretched, facing the wall.
- 2. Lean your body towards the wall with your hands touching the wall.
- 3. Push your body back, with your hands until you are once again in a standing position.
- 4. Keep repeating the same two positions, keeping an even rhythm up and back, for as many times as you can without feeling any pain in your muscles or back.



# Gradually push yourself

Once you feel comfortable with your level of physical activity, we recommend gradually pushing yourself. This will help you with your strength, endurance, and overall physical health. You can push yourself by increasing:

**Frequency:** Increasing how often you are



active: aim to be active for at least 3 days a week, working up to 5 days a week.



Intensity: How hard your body is working while being active; aim to do moderate or vigorous physical activities.

### Time:

How much time you spend being active at one time, throughout

the day, or during the week.



# Flexibility

What is it? These exercises help your body's joints move freely through a full range of motion. This can be done through stationary stretches and stretches that involve movement.

### Why is it good for you?

- Stay limber
- · Increase your range of movement for ordinary activities
- Looking behind while driving, tying your shoes, shampooing your hair, and playing with children or grandchildren
- · Keeps muscles and joints supple less prone to injury

# **Example of a Flexibility Exercise**

## Ankle Alphabet

Difficulty level: Easy/beginner

Equipment required: Chair

### Instructions:

- 1. Sit straight up in a comfortable chair with good back support.
- 2. Rest your leg straight out on a second chair.

- 3. For best results, allow your foot to dangle over the edge of the second chair.
- 4. Point your toe outward and trace the letters of the alphabet one after another in the air.
- 5. You want to feel a stretching sensation, but not pain.
- 6. Repeat this procedure using the other ankle.



## **Balance**

What is it? These exercises help maintain standing and stability, whether you're still or moving around.

### Why is it good for you?

- Improve balance, posture, and quality of walking
- Reduce the risk of falling

# **Examples of Balance Exercises**

### **Back Leg Raises**

Difficulty level: Beginner or Advanced

### Equipment required: Chair

### Instructions:

- 1. Stand behind a sturdy chair, and hold onto the chair for balance. Breathe in slowly.
- 2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes.
- 3. Try not to lean forward.
- 4. The leg you are standing on should be slightly bent.
- 5. Hold this position for 1 second.
- 6. Breathe in as you slowly lower your leg.
- 7. Repeat this exercise 10 to 15 times, and then go through the instructions using your other leg.

**Optional Advanced Method:** Raise your arm that is opposite of the leg raised at the same time.





### **Balance Walk**

Difficulty level: Moderate

### Equipment required: None

### Instructions:

- 1. Raise your arms to your sides, to the height of your shoulders, if possible.
- 2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
- 3. Walk in a straight line with one foot in front of the other.
- 4. As you walk, lift your back leg.
- 5. Pause for 1 second before stepping forward.
- 6. Repeat for 20 steps, alternating legs.

**Optional modified version:** Place one of your hands against a wall as you walk for support.





# Good Foods that are Good for You!

A nutritious diet is an important part of a healthy lifestyle. The food you eat provides the fuel your body needs to grow and function properly. Since your stomach can only hold a certain amount of food each day, it is important to fill it with a variety of healthy foods. No food is bad for you. The goal is to eat healthier foods more often and those excessive salt, sugar, or unhealthy forms of fat less often.

# Tips for Eating Healthy on a Budget

- Drink lots of water and invest in a water filter if needed
- Buy frozen vegetables and fruits, because they retain nutrients more than the canned versions
  - Prepare your own snacks when you leave the house, so you are not tempted to buy food
- Buy calorie dense whole foods potatoes, rice, 4 oats, grains, whole milk

Cook meals for the week and freeze in small containers so you have meals ready to eat for dinner and take for lunch

Eat out less often and prepare your own meals



### Food labels

The easiest way to discover a food's nutritional value is to find out if something is to read its label. All packaged foods must have labels that tell us what is in the food and how nutritious it is.

### **Recommendations**

#### Fat

- Per serving: less than 3 grams and no more than 5% Daily Value
- · Daily amount: 44-77 grams
- For diabetics: 10-15 grams Salt
- · Per serving: 140 mg or less
- Daily amount: 1,500-2,300 mg or less

### Fiber

- Per serving: 3-5+ grams
- Daily amount: 25+ grams

### Sugar

• Daily: 24–36 grams, or 6 tsp for women and 9 tsp for men

### Protein

- · Daily amount: 50 grams
- For diabetics: 15-35 grams per meal

### Carbohydrates

· For diabetics: 45-60 grams per meal

Nutrit	ion	Ea	cte
Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250 Calories from Fat 110			
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
and all all all all all all all all all al			2,400mg 375g
			3/5g 30g
Dietary Hoer 23g 3			Jug

### **1 Start Here**

- 2 Limit these nutrients
- 3 Get enough of these nutrients
- 4 Quick Guide to % Daily Value
  - 5% or less is Low
  - 20% or more is high

# Make a plan together as a family

Have each person in the family list their favorite fruits, vegetables, whole grain foods and snacks

### Stick to the list

Create a shopping list for all the items you need and stick to it to not be tempted by processed foods

### Search for coupons

Newspaper inserts Grocery store fliers Online

#### Make one and done

Make more of favorite, healthier foods and freeze leftovers for another time. Homemade meals cost less than eating out Forming new habits

### Search for sales

Buy food items in bulk

Compare store instead of name brand products

#### Buy in season

Buying fruits and vegetables in season are often cheaper and taste better; some are affordable year round, like beans, carrots, apples and bananas

# **Fruits and Vegetables**

All fruits and vegetables are mostly low in calories and contain healthy fats, so you can eat as many servings as you like. They also have the following health benefits:

- They are great sources of fiber, which helps to prevent certain cancers and may help lower blood cholesterol
- · They are high in vitamins, which fight illness and boost your immune system
- Fruits keep your eyes, skin and hair healthy,help cuts and bruises heal, and help your body grow and function the way it should

Remember: Adding salt, unhealthy fats or sugar to fruits and vegetables limits the potential health benefits your body can take from these foods.

Kosher salt &

freshly ground

black pepper

(to taste)

• 1 (10 ounce)

(optional)

bag spinach

# Classic Vinaigrette Dressing 🛞 🔃

### Makes one serving

### Ingredients

- 1 tsp Dijon mustard
- 1 tsp honey
- 1 tsp minced
- Fresh garlic
- 3 tbsp vinegar
- 1/2 cup olive oil
- 1 (10 ounce) bag salad greens
- Instructions
- In a small bowl, whisk together the mustard, honey, garlic, vinegar, 1 teaspoon salt, and ½ teaspoon pepper. While whisking, slowly add the olive oil until the vinaigrette is emulsified.

2. Place the salad greens in a medium bowl and add enough dressing to moisten. Sprinkle with a little extra salt and pepper, if desired, and serve immediately.

### Variations

- · Try different types of vinegar
- · Try different types of oils
- Substitute 1/4 tsp dry garlic powder for fresh garlic

### Nutritional Information

Calories: 182; Protein: 2g; Carbs: 4g; Fiber: 2g; Sugars: 1g; Total Fat: 18g; Saturated Fat: 3g; Cholesterol: 0mg; Sodium: 60mg





# Yogurt Parfait 🔞 🚹 🛯 🕲 🖉 🖼

### Ingredients

- 1 cup fresh berries, washed and sliced if needed
- Strawberries
- Blueberries
- Raspberries
- Your favorite berries
- Low-fat flavored yogurt (preferably fruitjuice sweetened)
- · Cinnamon (optional)

### Instructions

1. Wash and slice berries.

- 2. Put yogurt in a cup, preferably glass or clear plastic (to see the layers of the parfait).
- 3. Put berries on top of yogurt.
- 4. Layer yogurt and berries until desired height.
- 5. Sprinkle cinnamon on the yogurt (optional).

### **Nutritional Information**

Calories: 258; Protein: 9g; Carbs: 54g; Fiber: 4g; Sugars: 47g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 7mg; Calcium: 267mg; Potassium: 445mg; Sodium: 100mg









# **Tips for Eating More Fruits and Vegetables**



Keep a bowl of fruit or boxes of raisins or other dried fruit on the kitchen counter or table Increase serving sizes when you serve fruits and vegetables and season them with herbs, spices, and/or lemon

Try a fruit or vegetable you've never had before



When eating out, ask for an extra side of vegetables or side salad instead of a fried side dish

Eat a variety of fruits and vegetables each day







**Diabetic Friendly** 

# Fiber

Fiber is essential for a healthy diet. It helps to keep your digestive system healthy and lowers your risk of diseases,

including of the colon. Fiber is found only in plant foods, including fruits, vegetables, and whole grains. The more a food looks like it did when it was grown on a tree or in the ground, the more fiber it contains. Fiber is never found in foods that come from animals, including dairy products.

# Red Beans and Rice 🛞 D 🔞 🧭

# Makes 2 servings

### Ingredients

- 1 large onion, diced
- 1 medium bell pepper, diced
- 1 tsp garlic powder
- 14.5 oz of diced tomato
- 1 can of kidney beans (drained and rinsed)
- Cooked rice
- · Low fat cheese, shredded

### Instructions

- 1. Heat oil in a pan.
- 2. Sauté onions and peppers over medium heat until tender.
- 3. Add garlic powder, tomatoes and kidney beans.
- 4. Heat mixture until warm.
- 5. Serve with rice (and cheese, optional).

### Nutritional Information

Calories: 257; Protein: 17g; Carbs: 46g; Fiber: 14g; Sugars: 7g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 4mg; Calcium: 142mg; Potassium: 970mg; Sodium: 492mg













### Makes 2 servings

#### Ingredients

- 1 small heads romaine lettuce (washed, cut into bite size pieces)
- 1 cup corn kernels (fresh, frozen or canned)
- 1 avocado, diced (optional)
- · 2 tomatoes, diced
- 15.5 oz can pinto beans (drained and rinsed)
- 1/2 red onion, diced
- 1/2 cup cilantro, rinsed

### Dressing

- 1/4 cup extra-virgin olive oil
- 1/4 cup lime/lemon juice
- 1/2 teaspoon each of ground cumin, salt and black pepper

### Optional

- · 1 cup tortilla chips
- · Low fat cheese, shredded

### Instructions

- 1. Combine the lettuce, corn, tomatoes, avocados, beans, onion and cilantro in a large bowl.
- 2. Mix the oil, lime juice, cumin, salt, pepper in another bowl.
- 3. Drizzle the dressing over the salad and serve with chips and cheese if desired.

### **Nutritional Information**

Calories: 195; Protein: 5g; Carbs: 30g; Fiber: 6g; Sugars: 8g; Total Fat: 9g; Saturated Fat:1g; Cholesterol: 0mg; Calcium: 66mg; Potassium: 755mg; Sodium: 951mg



# Tips for Eating More Fiber and Whole Grains

Look for foods with 3 to 5 grams of fiber or more per serving

Eat more beans high in fiber, such as black and kidney beans, chickpeas and black-eyed peas

Look for the words "100% whole grain" or "100% whole wheat," including on bread and breakfast cereals



4

Prepare brown rice instead of white

Another Benefit of Whole Grains: Whole grains provide more nutrients, like fiber zinc, magnesium, B vitamins, than refined grains.







# Salt

Sodium is an ingredient in salt, which your body needs to regulate fluids and manage your blood pressure, among other benefits. However, too much sodium can cause high blood pressure in kids and adults.



Your body needs only 500 milligrams of sodium a day to function well, but up to 1,500-2,300 mg (less than one teaspoon) is still considered a healthy daily amount. This includes all the sodium you eat: what is naturally in foods; the salt added to foods by food manufacturers; the salt that is added to foods during cooking; and the salt you add just before eating them.

According to the American Heart Association, the average American consumes 3400 mg, or over 1½ teaspoons each day. This is well over the recommended amount and could lead to health problems like high blood pressure, stroke, heart failure and kidney disease.

### Tips for eating less sodium:

- Check food labels and choose items low in sodium (140 mg or less per serving)
- Enjoy home-prepared foods where the amount of salt can be controlled
- Do not add table salt to foods try keeping the salt shaker off the table
- Instead of using salt to flavor food, try herbs like garlic, onion powder, or pepper, lemon juice, or different types of vinegar
- Eat more whole foods, such as fruits and vegetables, which are naturally low in sodium compared with processed foods
- Rinse canned vegetables before preparing food

### Bananas and Oatmeal



### Makes one serving

### Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 banana, sliced
- 1 tbsp chopped walnuts
- 1 tsp cinnamon

### Instructions

- 1. Combine oats and 1 cup water in a small microwave-safe bowl.
- 2. Microwave at HIGH 3 minutes.
- 3. Top with banana slices, walnuts, and cinnamon.

### **Nutritional Information**

Calories: 310; Protein: 8g; Carbs: 57g; Fiber: 9g; Total Fat: 8g; Saturated Fat: 1g; Cholesterol: 0mg; Sodium: 0mg Hidden sources of sodium



- Frozen, processed and junk food
- Fast food and restaurants
- Canned vegetables and soups
- Sauces, dressings and dips

### **Unsalted Popcorn**



### Makes one serving

### Ingredients

- 1/2 cup of popcorn kernels
- 1 brown paper lunch bag

### Instructions

- 1. Place 1/2 cup unpopped kernels in a brown paper lunch bag.
- Fold the top over tightly a few times and microwave on high for about about 2 minutes, or until popping slows.

### **Nutritional Information**

Calories: 203; Protein: 4g; Carbs: 33g; Fiber: 3g; Sugars: 0g; Total Fat: 7g; Saturated Fat:1g; Cholesterol: 0mg; Calcium: 4mg; Potassium:126mg; Sodium:0mg















The American Heart Association recommends that women consume up to 6 tsp of sugar each day and that men consume up to 9 tsp, but no more than 10 tsp each day. However, the average American consumes about 20 tsp of sugar each day.

When sugar is consumed in high amounts, it can cause health problems like cavities, weight gain, diabetes and heart disease.ie: Added sugars are different from natural sugars. Natural sugars are found in foods like milk, fruits and 100% fruit juices.

# Frozen Fruit Favorites 🛞 D 🖹



### Makes one tray of ice cubes

### Ingredients

- 2 cups orange juice or water
- 12 bite-size pieces of fruit (like bananas, strawberries, grapes, and/or pineapple)

### Instructions

- 1. Put a bite-size piece of fruit in each section of an ice cube tray.
- 2. Pour the orange juice or water into the tray.
- 3. Carefully place the tray in the freezer.
- 4. Wait at least an hour until the cubes harden.
- 5. Add the cubes to a glass of fruit juice or eat them plain.

### Nutritional Information

Calories: 255; Protein: 4g; Carbs: 60g; Fiber: 2g; Sugars: 47g; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 0mg; Calcium: 66mg; Potassium: 1116mg; Sodium: 6mg

# **Rice Cakes Topped with Seasonal Fruit**

### Makes 1 serving

### Ingredients

Unsalted whole grain rice cakes

- 2 tbsp of fat free, unflavored cream cheese
- 1/4 cup of sliced fruit, like strawberries, blueberries, peaches, or pears

### Instructions

- 1.) Wash and slice the fruit into appropriate sizes.
- 2.) Spread cream cheese onto the rice cake and top with fruit.

### Nutritional Information

Calories: 79; Protein: 6q; Carbs: 12q; Fiber: 1q; Sugars: 4g; Total Fat: 1g; Saturated Fat: 0g; Cholesterol: 4mg; Calcium: 116mg; Potassium: 116mg; Sodium: 222mg







# Tips for reducing sugar in your diet



Add fruit to your foods when baking, like raisins or applesauce WATER sod or s

Drink water instead of soda, energy or sports drinks

Drink Skim (non-fat) or 1% milk rather than full-fat milk



Choose freshly prepared foods and treats instead of processed foods

Sweeten your foods with fruit

Eat foods and drink beverages with few added sugars













### Fat

According to Health.gov, adults should consume 44-77 grams of fat each day. Too much unhealthy fat in a diet can lead to gaining weight and being at higher risk for chronic diseases such as obesity, heart disease and diabetes.



### Makes 4 servings

#### Ingredients

- 2 cans (5 ounces each) chunk light tuna in water, drained
- 2 medium stalks celery, chopped
- 1 medium carrot, shredded, about 1/2 cup
- 1/2 medium (4- to 6-ounce) red pepper, chopped
- 1/4 cup fat-free mayonnaise
- 3 tbsp nonfat plain yogurt
- 1 tbsp fresh lemon juice
- Pepper

### Instructions

- 1. In medium bowl, combine tuna, celery, carrot, red pepper, mayonnaise, yogurt, lemon juice, and 1/4 teaspoon freshly ground black pepper.
- 2. Makes about 2 1/2 cups.

Suggestion: Try serving it on lettuce,

spinach or other green

### **Nutritional Information**

Calories: 117; Protein: 10g; Carbs: 15g; Fiber: 1g; Sugars: 5g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 21mg; Calcium: 469mg; Potassium:

217mg; Sodium: 489mg

# Garlicky Baked Crispy Chicken 🚺

### Makes 4 servings

### Ingredients

- 1/2 cup low-fat yogurt
- 1/2 cup low-fat milk
- 3 cloves minced garlic or 3 tsp garlic powder
- 1/2 tsp dry sage
- 1/2 tsp salt
- 1/2 tsp pepper







- 1/4 tsp cayenne pepper
- 2 lb bone-in skinless chicken pieces
- 2.5 cups cornflakes

### Instructions

- 1. In large bowl, mix together yogurt, milk, garlic, sage, salt, pepper and cayenne; add chicken, turning to coat. Refrigerate, stirring occasionally, for 30 minutes or up to 6 hours.
- 2. In food processor, pulse cornflakes into crumbs. Lift chicken pieces from marinade, letting excess drip off (discard marinade), and roll in crumbs to coat. Place on rack over baking sheet
- 3. Bake in center of 400F/200C oven until crispy and golden brown, about 40 minutes.

### Nutritional Information

Calories: 117; Protein: 10g; Carbs: 15g; Fiber: 1g; Sugars: 5g; Total Fat: 2g; Saturated Fat: 1g; Cholesterol: 21mg; Calcium: 469mg; Potassium: 217mg; Sodium: 489mg

# Healthy v. **Unhealthy Fats**

- It's best to use liquid oils from plant sources rather than solid fats from animal sources
- Fats that are liquid at room temperature are healthy fats (olive oil), while fats that are solid at room temperature are unhealthy (palm oil, chicken fat)













## Tips to reduce fat in your diet, and increase healthy fats

When a restaurant serves you a large portion, split it with a friend or save half of it for leftovers

2 Instead of using shortening, butter or margarine for cooking, use a healthier fat such as olive, canola or corn oil

**3** Replace some of the higher fat foods from animal sources with fruits and vegetables, beans and nuts

4 Choose tomato-based sauces instead of cheese-based or creambased sauces

Choose a fruit salad, low-fat ice cream, or low-fat frozen yogurt, instead of a high-fat, high-sugar dessert

Bake, broil, grill or microwave foods rather than fry them

Choose lean meats, fish, chicken and turkey

8

Drink skim or 1% low-fat milk

9

When you eat a higher-fat food, eat a smaller serving of it

# Additional resources

### **Active Living**

National Park Service http://www.nps.gov/findapark/index.htm

Trail Link http://www.traillink.com/

### **CDC – Growing Stronger** http://www.cdc.gov/physicalactivity/ growingstronger/

Go4Life http://go4life.nia.nih.gov/

### CDC – Preventing Falls Among Older Adults http://www.cdc.gov/features/ olderamericans/

### National Council on Aging

http://www.ncoa.org/improve-health/fallsprevention/

### **Healthy Eating**

# Child and Adult Care Food Program (CACFP)

http://www.fns.usda.gov/cacfp/child-andadult-care-food-program

### Commodity Supplemental Food Program

http://www.fns.usda.gov/csfp/commoditysupplemental-food-program-csfp

### **Emergency Food Assistance Program**

http://www.fns.usda.gov/tefap/ emergency-food-assistance-programtefap

#### Senior Farmers' Market Nutrition Program

http://www.fns.usda.gov/sfmnp/seniorfarmers-market-nutrition-program-sfmnp

# Supplemental Nutritional Assistance Program (SNAP)

http://www.fns.usda.gov/snap/ supplemental-nutrition-assistanceprogram-snap American Diabetes Association http://www.diabetes.org/mfa-recipes/ recipes/

**CDC – Healthy Recipes:** http://www.cdc.gov/healthyweight/ healthy\_eating/recipes.html

Let's Move – Recipes for Success http://www.letsmove.gov/recipes-success

USDA – What's Cooking USDA Mixing Bowl: http://www.whatscooking.fns.usda.gov/

### **Guide Sources**

American Diabetes Association http://www.diabetes.org/

American Heart Association http://www.heart.org/

CATCH USA http://catchusa.org/

ExRx www.exrx.net/ Helpguide.org http://www.helpguide.org/life/senior\_ fitness\_sports.htm

NIH Senior Health http://nihseniorhealth.gov/

Oasis Healthy Habits for Adults www.oasisnet.org/HealthyHabits

Together Counts http://www.togethercounts.com/

University of Texas-School of Public Health, Michael & Susan Dell Center for Healthy Living: https://sph.uth.edu/ research/centers/dell/#campusBar

USDA MyPlate http://www.choosemyplate.gov/

# **Healthy Habits for Adults**

Healthy Habits for Adults is a series of one-time, one-hour health classes offered by Oasis and community partners.

Each class includes a healthy snack, recipe ideas, a nutrition lesson and low impact exercise demonstrations.

Some class offerings include:

- The Skinny on Fat: Reducing fat in your diet
- Eating the Rainbow: Love your colorful fruits and veggies
- Shake the Salt Habit: Limiting salt in your diet
- How Sweet It Is: Limiting sugar in your diet
- Eating Healthy on a Budget
- Fluids: Staying hydrated



Learn more about classes and volunteer opportunities at Oasisnet.org/HealthyHabits



# **Oasis: Connecting people and experience**

Oasis is a national nonprofit organization that promotes healthy aging through lifelong learning, active lifestyles and volunteer engagement. Oasis connects people with opportunities to learn and serve their communities.

Founded in 1982, Oasis has a national membership of more than 360,000 adults and serves 52,000 adults and children annually through partnerships across the country.

Our programs promote vibrant, healthy, productive lives

- Evidence-based health programs help make lasting lifestyle changes for the better.
- Oasis Tutors provide individual attention to help children in grades K to 4 build confidence and success in school.
- Oasis Connections provides curriculum for adults learning to use today's technology.
- Peers for Productive Aging trains peer leaders to facilitate community-based discussion groups that provide social support for older adults.

### To learn more about Oasis programs, please visit www.oasisnet.org.



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