



Loving the Leftovers

Easy Recipes After Thanksgiving

Everybody loves this time of year. There's plenty of food, fun, family and friends to go around. But after the Thanksgiving holiday, when all the company has gone home, you might be left with a refrigerator full of leftovers. What to do with all that food, besides make turkey sandwiches for another week?

Avera McKennan Hospital & University Health Center's Executive Chef, Amanda Viau, has some excellent suggestions. All you have to do is make a new recipe from something already served. Here are two suggestions.

Make Soup!

- Use your Thanksgiving vegetables and meats.
- Make soups and place them in freezer bags, making sure you label and date them so when you are looking through your items you can easily find what you want.
- Soups freeze well and are easier to store flat in the freezer.
- Thaw and serve for the upcoming winter months.

Turkey Nachos

Ingredients:

- 1/4 (10.75 ounce) can condensed cheddar cheese soup, undiluted
- 3 tablespoons salsa
- 1/4 cup cubed cooked turkey or chicken
- Tortilla chips

Directions:

1. Combine soup and salsa in a saucepan or microwave-safe bowl.
2. Stir in turkey.
3. Cook until heated through.
4. Serve warm with tortilla chips.



Weighing In During the Holidays

Source: Sparkpeople.com

Did you know an average plate of Thanksgiving classics contains anywhere from 1,600-3,000 calories — that's over most people's recommended daily allowance. Americans, kids and adults alike, gain some weight over the holidays. But you may not gain as much as you think. According to a new study at Vanderbilt University, people tend to gain maybe three-quarters of a pound to a pound over the holiday period.

Here are some tips to keep your whole family's weight in check during the Thanksgiving holiday and beyond.

- Don't use food as a reward. Even good food. It's just too much of a slippery slope.
- Plan to celebrate.
- Be honest with yourself. Remember to keep your focus on what you're going to eat.

If you are trying to watch your weight or even lose weight over the holidays, be sure to reward yourself with any goals met. Here are some strategies that can help:

- Compliment yourself. Write down what you would say to anyone else who accomplished what you did.
- Take a day off from any goal activities.
- Put \$1 in a jar every time you meet a goal. When it gets to \$50, treat yourself.
- Go for a spa treatment or massage.
- Buy yourself a gift certificate.

Drink to Your Health

Is there any nutrition in your favorite drink?

With so many juices, teas, water and energy drinks on the grocery store shelves, these days, there are a lot of options to choose from. These drinks may come with a healthy claim but do they pack any nutritional punch?

According to Kristin Sousek, a Hy-Vee registered dietitian, the most popular drinks right now are:

- G2 Coconut Water
- Energy Drinks (such as Red Bull)
- Omega Water
- Herbal Tea
- Green Tea

Of all these choices, Sousek says green tea will probably offer the most nutritional value simply because of the antioxidants found in this type of tea. "Damage to your body is happening every day," she explains. "Antioxidants are needed to help repair the wear and tear that your body goes through every day." Sousek also explains antioxidants aren't only for adults. "Kids need them too," she says. "People assume kids are naturally healthy but they need essential vitamins just like adults do."

Other tea choices Sousek recommends are:

- Black
- Red
- White
- Oolong

"Some of these teas can offer as many antioxidants as some fruits and vegetables," Sousek says. And while you might think herbal teas are good, they actually aren't the smartest choice. "The herbs are just for flavor," she says. "They don't actually have any nutrition in them."

As for the sports and energy drinks, Sousek says they are ok, in moderation. "But all they have in them is Vitamin B. You can get as much energy in other forms just by eating a well-balanced diet including lean meat, whole grains, fruits, and vegetables."

What about the popular coconut water? "These offer electrolytes and potassium," she says. "And if you get the coconut water with pulp, you'll get a little bit of fiber. But really, if you keep



yourself hydrated enough with water, you won't lose any electrolytes or potassium." And as for omega water, "there is just a tiny amount of salmon, there. I wouldn't rely on it to meet your daily needs. A fish oil supplement is a much better option."

Even milk is a good choice. It's filled with Vitamin D, something people in our part of the country truly need, as well as calcium, to help strengthen and grow bones. "I highly recommend milk," Sousek says. "Even chocolate milk is good. I would much rather see kids get an extra 30 calories from a glass of chocolate milk than waste it on an energy drink."

Cold & Flu Season

How to Uninvite Germs Into Your Home

As we head into the holiday season, you might also want to think about the other season that's in full swing: cold and flu season. So what can you do to avoid getting sick? First of all, if you have the flu, stay home.

Avera Medical Group McGreevy Clinic Sioux Falls physician Dr. Shari Eich says staying home when you are sick is one way to keep others from getting sick. She recommends the following when it comes to keeping germs at bay:

- Wash your hands. This includes after using the restroom, coming in from the playground and eating.
- Whenever you cough or sneeze, make sure you use your arm or elbow. Coughing into your hands doesn't do much to control the spread of germs.
- If soap and water aren't readily available, use hand-sanitizer often.
- Get enough sleep.
- Make sure to eat lots of fruits and veggies.
- Drink plenty of water.
- Get plenty of exercise. Make sure you elevate your heart rate for 20-30 minutes per day.

Health Events & Programs

Taming the Temper Tantrums

November 8, 2011 • 7-8:30 p.m.
Education Center Classroom 2 • Cost: FREE

Let's Talk For Girls (Two Sessions)

Information on the changes of puberty for girls ages 10-13 and their parents. Topics include: signs of puberty, body changes and self esteem.
November 3 & 10, 2011 • 6:30 - 8:30 p.m.
Education Center Classroom 2 • Cost: \$25

Childcare Professionals Training Day (up to 3 hours of training)

Saturday, November 5, 2011 • 8 a.m. - Noon
Education Center • Cost: \$7 per session or \$20 for all 3 sessions.

All classes held at the Avera Education Center located at 810 East 23rd Street, on the Avera Campus. To register, call 1-877-AT-AVERA (1-877-282-8372) or register online at www.AveraMcKennen.org.

November's featured online Health Risk Assessment is Cervical Cancer.

Others include: Colon Cancer, Diabetes, and more.

Go to www.AveraMcKennen.org to learn more.

GALA OF A CENTURY
Friday, November 11, 2011
Sioux Falls Convention Center

Guest Speaker: Dr. Eric Topol
~ "The Future of Health Care."
Entertainment: Billy Dean
and music/dancing with Impulse

To view event schedule & purchase tickets, visit our website at www.Avera.org/gala.
Black Tie Optional.



Note: Newsletter information should not replace direct medical advice from your doctor. If you have questions or concerns, please contact your family's health care provider.