



# For YOUR Health

A Health Promotion Newsletter

Surviving the Holidays  
Volume 3, Issue 12

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## SURVIVING THE HOLIDAYS

### Inside:

Getting Through the Holiday Sweets	pg 2
Holiday food safety	pg 3
Avoiding Holiday Stress	pg 4
Steps to Reduce Alcohol Consumption	pg 5
Upcoming Events	pg 6

Winter holidays are a time for family, friends and fun. This means more cooking, more home decorating, more entertaining, and an increased risk of home safety hazards. Following these guidelines will help make your home safe and more enjoyable this holiday season.

### Trees

When purchasing an artificial tree, look for the label "Fire Resistant."

When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break.

When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways. Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard. Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly. Also, make sure the base is steady so the tree won't tip over easily.



### Lights

Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted. Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.

Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections. Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks. Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

USNH NAPLES  
**HEALTH**  
PROMOTIONS



**Ready to start your New Year's resolution?**

Ship Shape Weight Management Program is the thing for you. Learn how and loose weight at your own pace.

Call DSN 629 6315/6311 to sign up today!!



## Managing Christmas Stress

For some people, the holidays bring unwelcome guests — stress and depression. And it's no wonder. In an effort to pull off a perfect Hallmark holiday, you might find yourself facing a dizzying array of demands — work, parties, shopping, baking, cleaning, caring for elderly parents or kids on school break, and scores of other chores. So much for peace and joy, right?

Actually, with some practical tips located on page 4, you can minimize the stress that often accompany the holidays. You may even end up enjoying the holidays more than you thought you would.



# GETTING THROUGH THE HOLIDAY SWEETS

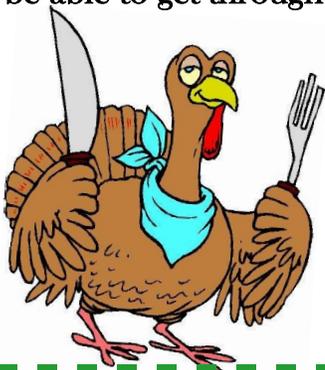
The holidays bring about joy, happiness and wonderful food. We all are guilty of eating too much on these special occasions and we end up feeling like a turkey... stuffed. But here are a couple helpful tips to get you through the holidays without the guilt of over eating.

First and foremost, never go to a holiday dinner hungry. Eating a small snack before dinner will help prevent over eating. Over eating means eating more calories than you are supposed to, thus, causing a greater chance of weight gain.

Offer to bring food to the dinner. This way you can have a healthy food option during the dinner and it also helps out your host as well. During the dinner try to avoid drinking alcohol in excess and filling up on appetizers. Both cause you to take in more calories than needed with hardly any nutrients. A good way to avoid this is to not socialize in the rooms were the snacks and drinks are readily available. If you can't avoid appetizers, make a small plate and then share with another guest. Therefore, you won't be eating as much and you are still able to fill the craving.

During dinner make sure you have small portions. This way you get to try all the different types of dishes while keeping control of how many calories you eat. Eat slowly, enjoy the food and company. It takes an average of 20 minutes for your stomach to tell your brain that you are full. So, by eating slower you get full without feeling overly full.

Last but not least, have fun and be merry. Getting together with friends and family should be an enjoyable occasion. You don't have to avoid the holidays because of the fears of gaining weight. By controlling your portions and exercising, you will be able to get through the holidays without having to stress over what to eat.





# Holiday Food Safety Tips

## Cook Safely



### Clean Up

Thoroughly wash hands with soap and warm water for a full

20 seconds before and after handling raw products.

- Cutting boards should be run through the dishwasher -- or washed with soap and hot water -- after each use.

### Separate to Combat

### Cross-Contamination

- Store raw meat, poultry and seafood on a plate or tray on the bottom shelf in the refrigerator, so raw juices don't drip onto other foods.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood unless the plate has been washed with hot soapy water.
- Don't spread bacteria with dirty sponges, dishcloths or towels. Bacteria often thrive in the moist areas of these items where bits of food may also exist. When you have a lot of people in and out of the kitchen, it's hard to keep track of what's been used to do what. Have a stock of paper towels or freshly-cleaned sponges or cloths and soap and hot water to clean food preparation surfaces.



- For meat, poultry and other dishes, use a food thermometer to make sure foods are cooked to a safe internal temperature.
- When it comes to eggs—such as for brunch and eggnog—cook them until the yolks and whites are firm or reach 160 °F on a food thermometer. Don't use recipes in which eggs remain raw or only partially cooked.
- Cook fish until it's opaque and flakes easily with a fork.
- When microwaving, make sure there are no cold spots in food (where bacteria can survive). For best results, cover, stir and rotate food for even cooking. If there's no turntable, rotate the dish by hand once or twice during cooking.
- When reheating sauces, soups and gravies, bring them to a boil. Heat other leftovers thoroughly to 165 °F

### Chill Completely

- Make sure the refrigerator temperature is 40 °F or below and the freezer 0 °F or below. Verify these temperatures using an appliance thermometer.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store. Do not leave prepared foods and leftovers out for more than two hours.
- Never thaw food at room temperature. Use the refrigerator. You can also thaw foods in airtight packaging in cold RUNNING water. Or thaw food in the microwave, if you'll be cooking the food immediately.
- Divide large amounts of leftovers into shallow containers for quick cooling in the refrigerator.
- Don't stuff the refrigerator. Cold air must circulate to keep food safe.

**Contact the USNH Preventive Medicine Department at 629-6298 for more information on preventing food-borne illnesses.**



## Avoiding the Holiday Stress



- \* Don't plan to attend *every* holiday party.
- \* Reduce your caffeine intake—drink more water.
- \* Enjoy the weather outside—ski, skate, or walk in the snow.
- \* Take your vitamins.
- \* Get a massage, pedicure, or manicure.
- \* Talk to your friends about your frustrations..
- \* Stop eating before you are full.
- \* Be flexible with timing, food, and schedules.
- \* Shop EARLY!!
- \* Shop ONLINE!!
- \* Remember the big picture—pray or meditate..
- \* Seek the meaning of the holidays.



## How to Reduce Alcohol Consumption During the Holidays



**Holidays are a great time to get together with friends and family specifically to eat and drink. Too much alcohol can cause problems however, ranging from spills and falls, to more serious consequences, including illegal activities such as driving under the influence. It's easy to get carried away. The host of the party should consider some of these tips (next page) to reduce alcohol consumption for the benefit of family and friends.**

## FOLLOW THESE STEPS TO LIMIT ALCOHOL CONSUMPTION

**STEP 1:** Start by having enough alcohol for two (2) drinks per person. By doing just this simple step you have already limited the amount to be consumed. This will allow people to enjoy the evening without becoming "That Guy".

**STEP 2:** Prepare drink recipes that will have flavor and attractive presentation, with a medium to low alcohol content. If you wish to offer champagne for a special occasion toast, make a champagne punch with ginger ale and sherbet. Guests can enjoy something sweet and nostalgic, with just a bit of alcohol. Pouring the bubbly straight into glasses is usually more alcohol than most people need.

**STEP 3:** Keep the non-alcoholic drinks at hand and available. Non-alcoholic juice, beer, or "bubbly" should be cold and appetizing for anyone who wants to slow down. There should be water available as well (serving plenty of glasses of cold ice water will always cut down on the alcohol consumption at a party, especially if there is dancing).

**STEP 4:** Do not allow guests to serve themselves from the bottles. Serve drinks yourself (or have a server). Put them in interesting glasses. Try to keep the glasses small. If you are serving beer, use an 8-ounce iced mug. Serve "mini-margaritas" or other mixed drinks in a small shot glass.

**STEP 5:** Keep the alcohol content low. If you have a choice, chose a lower "proof." In general, one serving of liquor, one beer and a glass of wine all have the same amount of alcohol. There can be big variations, however, so chose carefully. Use mixers to reduce alcohol content even further. Soda water is a great mixer, it doesn't add extra sugar, and doesn't taste like cola (a flavor we equate with drinking soda pop). You can add soda water to many alcoholic beverages to form a low-alcohol version. White wine spritzers (50-50 wine and soda) are a low alcohol choice. A liqueur is low alcohol as well, when mixed with soda. Remember to add ice to drinks as well, to limit volume and content.

**STEP 6:** Another tip is to limit the time that you serve alcohol. This can be handled several ways. One is to establish a "cocktail hour" and designate the time that alcoholic beverages will be served. Another way is to offer a round or two of drinks early, and then delay serving more until a toast later in the evening. The limitations can be included in the invitation, so that no one is surprised, and guests can plan their visit accordingly. For example, "Cocktails will only be served from 7-10," or "A champagne toast will be served at 8 pm." Be sure to plan other activities to round out your party schedule, such as going outdoors for Christmas Caroling, playing games or having music for dancing.





Contact us to sign up for one of our classes!

Comm: 081-811-6311/6313  
 DSN: 629-6311/6313  
 E-mail:

napleshealthpromotions@med.navy.mil

Check out our Website!  
[www.naples.med.navy.mil](http://www.naples.med.navy.mil)  
 And click on Health Promotions

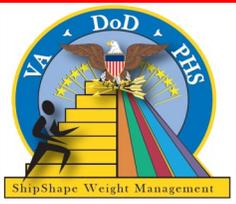
## Up Coming Events

Meditation Group Mondays @ 1900  
 Sempre Latte - Wednesdays @ 1100  
 Smoking Cessation—daily appts  
 2nd Trimester Class-Dec. 6th @ 0900-1200  
 Breastfeeding Class-Dec. 13th @0900-1200  
 3rd Trimester Class-Dec. 20st @0900-1200  
 Infant CPR- Dec. 20st @ 1300-1600  
 Expectant FATHER Class- TBA  
 Ship Shape - TBA, January

Recenter  
 and  
 Reclaim Yourself  
 with Meditation



Every Monday @ 1900 in the Support Site Side Chapel.  
 Please come at 1830 if it is your first session.



Are you interested in Healthy Eating and Fitness Classes?  
 Contact Health Promotions to sign up for the next  
**Ship Shape Class**  
 In January

### Sempre Latte

A Breastfeeding Support Group



Are you a breastfeeding mom? Do you have questions, need support, or have questions about breastfeeding?  
 Come to the Health Promotions every Wednesday from 1100-1200 to speak with a lactation

### STROLLER WALK!!



Meets every Thursday at 0800 next to the sliding doors of the TLA in the Piazza.



Frequently Called USNH Numbers

Central Appointments	629 6000
Emergency Room	629 6150
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225

### Ready to Quit Smoking??



Health Promotions offers **Group** Classes and **Individual** Sessions  
 Contact HP for more information and quit smoking **today!!**

### Teen Clinic @ NAHS




Dec 2nd  
 0830-1200  
 Contact Nurse Thomas @ 629 4010 to schedule an appointment!

Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect.  
 -- Oren Arnold