

# HEALTH, MIND & BODY



## Simple and healthy substitutions for your baked goods

**C**ut calories, fat and sugar from baked goods with some simple and healthy substitutions.

Bakers concerned about their health can substitute healthy ingredients when recipes call for foods you prefer to avoid. The following ingredients make healthy additions to baked-good recipes without sacrificing flavor.

- **Whole wheat flour:** Flour is at the heart of many baking recipes, including those for cakes, cookies and pies. Whole wheat flour, which is full of nutrients and an extra dose of fiber. Fiber can help lower the risk for heart disease and diabetes. Try slightly less than one cup of whole wheat flour for regular flour as a swap if a recipe calls for one cup of flour.

- **Fruit puree:** When a recipe calls for oil, margarine, butter or shortening, consider replacing such ingredients with fruit purees, which often add moisture and texture just as well but without the same amount of calories. Applesauce and prunes can be helpful in chocolate dishes. Pumpkin or sweet potato are other purees that can add a nutritional boost as well.

- **Greek yogurt:** Greek yogurt is a powerhouse of protein and flavor with relatively few calories per serving. It can make a super substitution in recipes for things like sour cream, buttermilk or even cream cheese.

- **Applesauce:** Unsweetened applesauce can replace some or all of the sugar in a recipe. When doing a 1:1 ratio swap, reduce the amount of liquid in the recipe by 1/4 cup.



- **Marshmallow or meringue:** Consider using a marshmallow fluff or homemade meringue to top cupcakes or decorate cookies.

- **Stevia:** Stevia is an herbal plant that grows primarily in South America. Stevia is an all-natural, no-calorie, no-carbohydrate sweetener. The FDA approved only the purified form of stevia, called stevioside. Remember to check each brand's sugar-to-stevia ratio to make sure you get the right measurements for your recipe.

- **Egg whites:** Replace a whole egg in a recipe with two egg whites or 1/4 cup of egg substitute.

- **Chocolate nibs:** Nibs are processed morsels that do not have the same amount of added sugar as many chocolate chips. Dark chocolate nibs can provide a healthy dose of antioxidants as well.

- **Evaporated skim milk:** Try evaporated skim milk in place of heavy cream to make whipped cream for a low-fat option.

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sive care unit, or nursing home, and will recommend appropriate health screenings based on your individual circumstances, overall risk, and family health history. Our sophisticated electronic health records system digitally links your Primary Care Provider with any specialist, including surgeons, obstetricians, and other physicians in our practice, allowing them to work together to treat you as a whole person, rather than a collection of symptoms. As a result, you'll experience significantly better health results and fewer complications.

At Crystal Run Healthcare, we don't compromise or settle. We know you need the most skilled and most caring doctors to meet your health needs, which is why there are independent assessments to help you decide which provider to choose for your primary care. From the Gold Seal of Approval from the Joint Commission and Urgent Care Association of America (UCAOA) Urgent Care Accreditation, to National Committee for Quality Assurance (NCQA) Level 2 Accountable Care Organization and Level 3 Patient-Centered Medical Home Accreditations, Crystal Run Healthcare is the only provider in our region to receive all of these accreditations. What more could you ask for?

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Crystal Run Healthcare doesn't just work hard to make you healthy - we work hard to keep you healthy. Because at Crystal Run, we believe less time spent at the doctor means more time to enjoy your health. And that's why when it comes to your primary care, nothing but the best will do. So this year, get and stay on your path to wellness by partnering with a Primary Care Provider at Crystal Run Healthcare.

For more information about Crystal Run Healthcare and the Practice's fully integrated approach to healthcare or to schedule an appointment with a Primary Care Provider, visit [www.CrystalRunHealthcare.com](http://www.CrystalRunHealthcare.com) or call 845.703.6999.

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## 6 Ways to manage Diabetes

Over 17 million Americans have diabetes. Most diabetics manage their condition with medication – pills, injections or both. This is done to keep their blood sugar levels in check. Here are a few other tips to manage your diabetes properly:

### Extra pounds?

Lose a little. Weight-loss, a little or a lot can provide big health benefits if you have diabetes.

### Say yes to fiber-rich foods

Choose vegetables, whole grains, and fruit over sugary treats and bread, rolls, and other foods made with refined grains.

### Get moving

Starting a regular exercise routine can help people with diabetes lower their A1C. 30 minutes of aerobic exercise—such as walking, riding an exercise bike, or swimming—at least five days a week can drastically improve your health and help better manage your diabetes.

### Know the ABC's of Diabetes

What is an A1C test: A blood test used to diagnose and monitor diabetes. If you

have type 2 diabetes, you should have this test done twice a year to check if your blood glucose is under control.

### See your Doctor regularly

At every visit:

Blood Pressure Check  
Foot Check

Once a Year:

Cholesterol Test  
Eye Exam  
Kidney-Function and Urine  
Microalbumin Test  
Flu Shot  
Pneumonia Vaccine

### Quit smoking

1 in 6 with diabetes are smokers. Tobacco use boosts your risk for heart disease, stroke, blood sugar

control problems, vision loss, nerve damage, kidney problems, and even amputation

Make another attempt if you've tried to quit in the past and it just hasn't worked. Counseling or a

support group plus nicotine-replacement products and medications to help control nicotine cravings can help.

## How to shorten a cold

Colds typically last for a week or more. While there's no cure for the common cold, according to The Mayo Clinic, there are some remedies that can help cold sufferers feel better quickly.

• **Rest:** Your body's immune system is working overtime to combat the cold virus, and restricting activity can help it direct efforts where they're needed most. Keep away from strenuous activities, and spend more time relaxing.

• **Hydration:** Plenty of clear fluids can reduce congestion and ensure hydration. Warm beverages can be soothing to an irritated throat. Avoid coffee, caffeinated sodas and alcohol, which can dehydrate.

• **Saline rinses:** Intra-nasal saline sprays, neti pots and similar products can help loosen mucus that is clogging the nose and sinus cavities, allowing it to flow out. This makes blowing your nose more effective and may help prevent post-nasal drip. Avoid prolonged use of medicated decongestant sprays—they can

cause rebound congestion that's worse than the original stuffiness.

• **Vitamin C:** Taking vitamin C before the onset of cold symptoms may shorten the duration of symptoms. Vitamin C also may provide benefits for people at high risk of colds due to frequent exposure, offers The Mayo Clinic.

• **Soup and tea:** Soup is an easy-to-digest meal that provides many of the necessary remedies for a cold, including warm broth to hydrate and soothe, antioxidant-rich vegetables and protein to help fuel the body's recovery process. Chicken soup inhibits neutrophils, immune cells that cause congestion. Decaffeinated tea also may help you stay hydrated and relieve symptoms.

• **Reinfection:** Use cleaning products that are effective at killing viruses around the house to prevent reinfection and cold relapses. Also, avoid touching your nose, eyes and mouth between hand-washings to keep germs at bay.

## Easy on the wallet workouts

• Committing to a 12-month gym membership instead of month-to-month can save a substantial amount of money overall. For example, a gym may charge \$89 for a month-to-month membership, but only \$69 per month for people who commit for a full year. That's a savings of nearly 23 percent. Personal trainers also typically offer considerable discounts to clients who commit to a greater number of sessions.

• Many gyms capitalize on New Year's resolutions by offering steep discounts to sign up in January. Others may discount memberships in late winter when people want to get in shape before the return of beach season.

• You can stay home and lift weights and go for jogs around the neighborhood to meet your daily cardiovascular exercise goals as well. If space is limited at

home, embrace yoga. Yoga provides both strength and balance training.

• Many health insurance providers offer gym membership rebates to their customers. If you have never had a gym membership in the past, you may not even know if your provider offers this benefit. Gym membership rebates typically require that policy holders visit their gyms 'X' number of times in a six- or 12-month span (i.e., 50 times in six months or 100 times in 12 months) in order to earn rebates. A \$400 annual rebate on a gym membership that costs \$69 per month cuts the yearly cost of that gym membership by nearly 50 percent. If your existing insurance plan does not offer such rebates, speak with your employer about including it when the time comes to renew the insurance offerings in the future.



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