



Cranberry Nut Bread

How about some soft, moist cranberry nut bread to celebrate the holidays? Check out this easy-to-make recipe:⁵

Ingredients

- 2 C flour
- 2/3 C sugar
- 1-1/2 tsp baking powder
- 1-1/2 tsp baking soda
- 2 tsp orange peel, grated
- 3/4 C orange juice
- 4 T butter, melted
- 1 egg (or 2 egg whites)
- 1 C cranberries, chopped
- 1/3 C walnuts, chopped
- 1/3 C powdered sugar

Directions

1. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peel. Squeeze juice from orange. Add additional orange juice to make 3/4 cup.
3. Mix orange juice, butter, egg, and peel in a bowl. Add to flour mixture, and stir. Mix in cranberries and walnuts.
4. Pour batter into a greased 9- by 5-inch loaf pan.
5. Bake for 50-60 minutes. Cool in pan for 10 minute. Remove and cool completely on wire rack.
6. To make glaze, mix powdered sugar and water. Add water to make thin glaze. Drizzle over cooled loaf.

3 Rules to Follow for the Big Holiday Meal

Go ahead and gobble...but not too much

It all looks so good when you sit down for a big holiday meal. Turkey and gravy, dressing, sweet potatoes, and enough desserts to open your own bakery.

Go ahead and gobble, but not too much. The average person eats about 3,000 calories at the dinner table during a holiday meal.

Before you dig in, think about this: A 160-pound person would have to walk 30 miles to burn off that many calories.

You can still enjoy the feast. Just don't show up like you're trying out for a competitive eating contest. To keep your calories in check when there's a big holiday

meal on your schedule, try this basic action plan:

Before: Eat light, healthy meals and snacks during the day prior to the big meal.

Choose a green salad, soup, or fruits and vegetables. Then when the dinner bell rings, you won't be as hungry. Stepping on the scale daily, can also help you be mindful of your food choices during the holidays.³

During: If you really feel the need to indulge, sample everything on the table, just in smaller portions. Eat until you're full...not stuffed.



After: Plan to take a walk and exercise to burn off a few of those extra calories after the big meal. With a little planning and self-control, you can still enjoy the big holiday meal and be healthy.

How many calories per day should you eat?

MORE

Calculate your daily calorie goal
<https://tinyurl.com/y2f7vgh>

6 Ways to Avoid Getting Sick This Season (continued from page 1)

5. Use disinfectant. Viruses can linger on door knobs, keyboards, shopping cart handles, and many other places. Clean these surfaces with disinfectant regularly to keep germs from making you sick. And wear gloves when you do it.

6. Wear a mask and practice social distancing as much as possible. You'll lower your risk for spreading or inhaling infected droplets from coughing or sneezing.

MORE

Video: Protect your health this season
<https://tinyurl.com/y4ja8tgz>

References

- 1 Zhao, S, et al. (2020). American cranberries and health benefits: An evolving story of 25 years. *Journal of Science & Food Agriculture*, 100(14): 5111-5116. From: <https://tinyurl.com/yxaz79yr>
- 2 Centers for Disease Control and Prevention. (2020). Prevent getting sick. From: <https://tinyurl.com/wb594ej>
- 3 Kaviani, S., et al. (2019). Daily self-weighing to prevent holiday-associated weight gain in adults. *Obesity*, 27(6): 908. From: <https://tinyurl.com/y5ywg8xw>
- 4 Vlemincx, E., et al. (2016). A sigh of relief or a sigh to relieve: The psychological and physiological relief effect of deep breaths. *Physiology & Behavior*. From: <https://tinyurl.com/y2ugspob>
- 5 U.S. Department of Agriculture. (2020). Cranberry nut bread. Choose My Plate. From: <https://tinyurl.com/y28qxjxh>



Take the October Health Challenge!
Get Fit in Minutes a Day: Exercise 10 to 30 minutes daily

Ask the Wellness Doctor:
This month Dr. Don Hall answers the question:
How can I make holiday recipes healthier?

© Wellsource, Inc. All Rights Reserved.

Aster Awards
HONORING EXCELLENCE IN HEALTHCARE ADVERTISING

EMPLOYEE WELLNESS SOLUTIONS NETWORK

STAYIN' ALIVE
100% alcohol safety seat required