



**CLICK** on this symbol throughout this e-newsletter for links to interactive simple solutions.

**In This Issue:** • Multivitamins: What's Right for You? • Create an "Active" Holiday Tradition • Holiday Visits to a Sick Friend



# HealthyLiving

## Help for Healthier Holiday Eating

When December rolls around, it seems there are more opportunities than ever to eat, drink, and be merry. That makes it particularly tempting to toss aside your healthy eating habits and immerse yourself in the indulgences of the season. Striking the right balance between enjoying holiday treats and staying true to a healthful diet is the key to enjoying yourself without packing on extra pounds. Here are a few tips to help you navigate this month without giving up the healthy eating style that can help reduce your risk of cancer and other serious illnesses.

**Plan ahead.** If you've got an event to attend, plan on eating lighter meals and snacks that day to allow yourself wiggle room for some higher-calorie party treats. If you know what's being served, plan out what you will eat in advance so you can make balanced choices. And have a bite before you go; you'll be less tempted to overeat if you aren't starving.

**Watch your portion sizes.** There's no need to totally deprive yourself of the foods you love as long as you keep an eye on quantity. Have a taste of high-fat, high-calorie foods instead of a full helping, then fill up with lower-calorie options like fruit or veggies.

**Don't stand close to the food.** Keeping your eyes and your mind far from the buffet table will help keep temptation at bay. Focus on another aspect of the party, such as the joy of chatting with friends or family or the warm crackle of the fire.

**Limit the alcohol.** Decide ahead of time whether and how much you will drink, and watch serving sizes. It's easy to over-pour, especially at festive gatherings. Remember that alcohol has calories, and it can lower your resistance to other food temptations. It is also linked to a higher risk of certain cancers.

A little advance planning can help you navigate the holiday party season without destroying your healthy eating habits.



**CLICK HERE** for more ideas on how to stay healthy during the holidays.

## This Year, Create an Active Tradition!



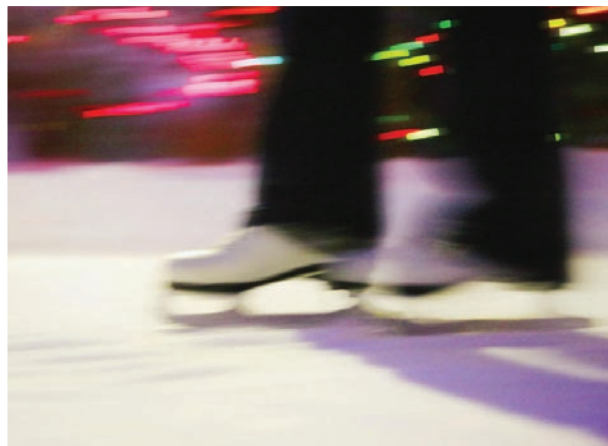
Whether it's as simple as sharing a meal or as silly as matching slippers, a holiday tradition can be a treasured way to bring family and friends together. This year, why not start a new tradition that not only includes the people you love, but also helps improve their health? It's been proven that regular physical activity provides many benefits and can even help reduce your risk for cancer, heart disease, and diabetes. Invite your loved ones to join you for a new, more active tradition this year and help give everyone the gift of better health.

Plan an outing that revolves around outdoor sports such as cross-country skiing or ice skating. If snow's

not in your forecast, gather at a nearby park for a hike, ball game, or bike ride. You can also get healthy as you give to others by taking part in an organized race or walk that benefits charity. Even a brisk walk to admire decorations on your street can get family members of every age up and moving. However you choose to do it, incorporating an active tradition can help you reap healthy benefits for many holidays to come.



[CLICK HERE](#) to learn about the American Cancer Society's DetermiNation events.



## Sun Protection Isn't Just For the Beach

If you're like most people, you probably associate sun protection with lazy summer days by the pool or at the beach. You may not think to tuck a tube of sunscreen or a cap into your winter coat.

But ultraviolet (UV) rays don't disappear when the temperatures drop, and they can be reflected off of snow just like they can off of sand. A day of skiing or sledding can leave your nose and cheeks redder than Santa's.

Avoid the lobster look by following the same rules you do when you hit the

beach. Apply sunscreen with an SPF of 15 or more to any part of your body that's exposed. Put it on before you go out, and reapply it every 2 hours. And don't skip it just because it looks overcast outside; UV light still comes through on hazy days. Protect your lips by using a lip balm with SPF, and invest in wrap-around sunglasses with at least 99% UV absorption.

Remember, protecting yourself from UV rays is the most important way to reduce your risk of skin cancer.



[CLICK HERE](#) to learn more about sun safety and skin cancer prevention.

## Multivitamins: What's Right for You?

Busy schedules and dashboard dining mean that it can be hard for some people to get the nutrition they need each day from their diet alone. Many people pop a multivitamin pill as a way to cover any deficiencies, or simply because they believe it's "good for you."

Although supplements can be a useful way to help people get some of the nutrients they may be missing, these pills are a form of medicine, and should be treated

with care. Taking the wrong vitamins or getting too much of certain substances can be just as harmful to your health as not getting enough.

So how do you determine what supplement is right for you? The best way to find your ideal multivitamin is to talk with your doctor. He or she can help examine your diet and your health and medical needs and recommend a vitamin that will work for you.



Remember, you should never take more than the recommended dose of a multivitamin, and you should avoid taking more than one multivitamin without a doctor's recommendation. You want to be sure any supplement you take will have a healthful effect, not a harmful one.

## Chill Out with Yoga

For people who regularly practice yoga, terms such as "downward-facing dog," "triangle pose," and "warrior" may simply be part of the routine. If you're new to this form of exercise, however, this vocabulary – and the twists, bends, and stretches – can be a bit intimidating. Knowing a little about yoga can help demystify what happens in a typical yoga session and help newcomers better enjoy the benefits of this practice.

In simple terms, yoga is a form of exercise that uses posture, breathing, and meditation to achieve a connection between the mind, body, and spirit. In a typical class, a leader guides students through a series of poses that are usually done slowly and with a focus on deep, abdominal breaths. There may also be a period of guided breathing, meditation, or relaxation, and class often ends with the group repeating a *mantra*, a meaningful word or phrase.

Regular practitioners tout the many benefits of yoga, and studies show that yoga can increase physical fitness, lower stress levels, and improve feelings of well-being. Look for yoga classes at your local gym or community center. You may find this ancient practice to be the perfect cure for the stress of modern life.



[CLICK HERE](#) to learn about other mind-body exercises and techniques.

## Show a Sick Friend You Care

Holidays are a time to celebrate with the ones we love. If you have a friend or family member with a serious illness, this is a good time to reach out. They will appreciate your visit and the warmth you are able to communicate.

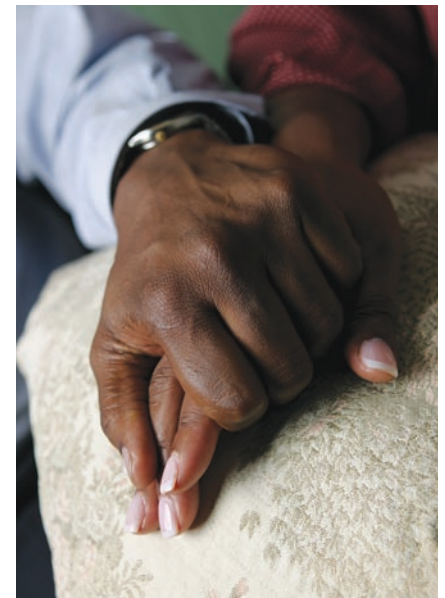
But it may be hard visiting someone who is ill, especially if they look and feel very sick. These tips can help.

- If your friend is looking well, let them know! Avoid making comments when their appearance isn't as good, such as "You're looking pale." They likely are acutely aware of it, and may feel embarrassed if people comment on it.

- Be encouraging, but don't show false optimism. Don't say that you know how the person feels. While you may know this is a trying time, no one can know exactly how any person with a serious illness feels.
- Tell them how much you care about them and how upset you are they are going through such a difficult experience. It's all right to cry, but make the visit short if you have trouble controlling your tears.



[CLICK HERE](#) for more tips for talking with someone who has cancer.



## Marvelous Mint

From the red and white stripes of candy canes to a flourless grasshopper pie, the flavor of mint is everywhere during the holidays. Perhaps it's because for centuries, the strong essential oils in mint have been used to flavor sweets of all kinds. It could also be because mint has long been relied on as a home remedy for stomach ailments – a good thing to

know if you've indulged in too much food or drink. Most likely, it's because mint simply tastes delicious. Whatever the reason, this is a wonderful time to explore some ways to use this potent herb.

Mint's distinctive flavor works well in a host of different preparations, from soothing tea to herbaceous relishes. Some foods pair with mint particularly

well, including chocolate and cream. On the savory side, yogurt and mint blend into an especially savory sauce for roasted lamb, and mint-based chutneys or pestos make a beautiful green topping for poached or broiled fish. Don't forget mint as a garnish – that fresh bit of greenery can make any dessert plate as festive as the season.



## Mint-Chocolate Meringue Cookies

3 egg whites  
1/8 teaspoon cream of tartar  
2/3 cup granulated sugar  
1/4 cup unsweetened cocoa powder, sifted  
1/4 teaspoon mint extract  
1/3 cup mini chocolate chips or finely chopped bittersweet chocolate

***These bite-sized cookies burst with flavor that belies their low calorie and fat content. They will satisfy even the most sophisticated taste buds.***

Preheat the oven to 300 degrees. Line two baking sheets with parchment paper.

With an electric mixer, beat the egg whites and cream of tartar until soft peaks form. Gradually add sugar, 1 tablespoon at a time. Add cocoa powder and beat until mixture becomes glossy. Add mint extract. Gently fold in chips.

Place mixture in a pastry bag fitted with a 1/2-inch or 3/4-inch tip. Pipe 1-inch rounds onto the parchment, leaving 1 to 2 inches between cookies. With damp fingertips, press down any peaks.

Bake for 25 to 30 minutes, rotating pans halfway through baking. Place baking sheets on a cooling rack for 10 minutes before peeling cookies off the parchment.

*Makes about 60 cookies.  
15 calories, 0 grams of fat per serving.*



**CLICK HERE** to order the *The Great American Eat-Right Cookbook*.

**In the Next Issue:** • Now's the Time to Take Stock of Your Health • Resolution Rewards and Motivation • Tools to Help You Control Portion Size

Articles contributed by: Eleni Berger, Amanda Dobbs, Beverly Greene, and Rebecca V. Snowden.

To sign up for this e-newsletter, please **CLICK HERE**. To learn more about American Cancer Society programs, services, and upcoming events, please call 1-800-227-2345 or visit cancer.org.



**CLICK HERE** to donate to the American Cancer Society.

All content for *HealthyLiving* is provided by the American Cancer Society.