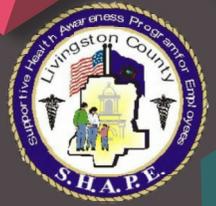


SHAPE



October 2019

Newsletter

The SHAPE committee strives to keep you motivated, and to guide you on your path to overall wellness by providing opportunities to explore.

Have ideas to share? Email Shape@co.livingston.ny.us



Join us for the next educational offering...

WELLNESS SESSION



October 29th 12:30-1:30 PM | Building 1 Auditorium

October 30th 12:30-1:30 PM | Government Center

Managing and Maintaining Financial Stability

Presented by: Ronda Howard, Branch Manager
Community Bank, N.A.

This session will offer tips, tricks, and guidance to manage money to keep you on track, especially at holiday time.

Pre-registration is required. There is no fee to attend.
Register for October 29th here: <https://finwellness2.eventbrite.com>
Register for October 30th here: <https://finwellness1.eventbrite.com>



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Flu Prevention	3

Want to know what's happening in Livingston?

Visit these resources!

- [Events in Livingston County](#)
- [My Livingston Life](#)

It's sweet treat season...
what do I do?!



Makeover Your Holiday Recipes by Substituting Fats

Butter, oils and other fats can add flavor to your favorite recipes, but they can also add many calories. They act as a barrier so flour does not absorb as much water to give your dishes a moist, tender feel. There are many ways to reduce the fat without sacrificing taste; the trick is to replace fats with foods that add creaminess without cholesterol.

Will substituting the fats change how my food tastes?

Substituting fat in your favorite recipes may not give them the same texture, but it will be close. In addition to lower fat content, many of the substitute ingredients will add more fiber, vitamins, minerals and protein to your recipes.

How can I get started substituting?

To experiment, start by substituting one-third of the fat from the recipe and then increase or decrease to your desired likeness. For baking, use $\frac{1}{3}$ cup applesauce or fruit juice and $\frac{1}{3}$ cup butter instead of 1 full cup of butter. Instead of 1 cup of heavy cream, use 2 tsp. cornstarch whisked into 1 cup of fat-free milk.

Now that you have the basics, it's time for you to try it out. With the holidays right around the corner, now's the perfect time to makeover your beloved (and maybe not the healthiest) recipes.

Healthy Baking Substitutes



➔ **$\frac{1}{2}$ cup applesauce plus $\frac{1}{2}$ cup fat** for 1 cup oil or butter



➔ **1 cup pureed avocado** for 1 cup butter



➔ **$\frac{3}{4}$ cup prunes plus $\frac{1}{4}$ cup boiling water (blended)** for 1 cup butter



➔ **3 Tbsp. flax meal plus 1 Tbsp. water** for 1 Tbsp. butter

Banana Oatmeal Cookies

Ingredients:

- 2 very ripe bananas
- 1 cup quick oats
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup raisins

Directions:

- Preheat oven to 350 degrees.
- In a medium bowl, mash bananas with a fork until mostly smooth.
- Add oats, cinnamon, vanilla and raisins. Mix well.
- Drop spoonfuls of dough onto lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
- Bake 10 to 15 minutes. Remove from oven and let cool



Notes

- Texture will be best when freshly made.
- Try dried cranberries or chopped nuts instead of raisins

Nutrition Facts

Serving Size 2 cookies (52g)
Servings Per Container 7

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 3g 12%

Sugars 9g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Want more recipes?



Visit foodhero.org for other easy recipe ideas!

Together We Can Beat the Flu

6 Tips to Stay Healthy this Flu Season

Avoid touching eyes, nose mouth



Cover your sneeze/cough



Wash your hands



Stay home if you're sick



Avoid contact with sick people



Get the Flu Vaccine

The flu vaccine is the first step in protecting yourself



Watch for public flu clinics in your area, or visit your healthcare provider!

October is Breast Cancer Awareness Month!



1/8

women have a chance of invasive breast cancer during a lifetime.*



Help Eliminate Risks

There are certain measures you can take to stay healthy and reduce your risk of breast cancer.

1. Be Physically Fit
2. Eat Your Fruits & Vegetables – and Avoid Too Much Alcohol
3. Get a Mammogram** and Conduct Regular Self-Examinations

Get your screening today!

Not insured? No worries! Call the Cancer Services Program of the Finger Lakes at:

1-877-803-8070.