



## Fresh New Year, Fresh Air



As cold and flu season marches on, it's tempting to stay bundled up and warm inside but one key thing you can do to stay healthy - **open a window**. Yes it may be frigid outside, but the fresh air is an important way to keep you healthy.

**What does fresh air have to do with it?** Studies have shown that the air inside your home is 2 to 5 times **worse** than the air outside. Opening a window will help to get stale, unhealthy air out and fresh air in! Indoor air, especially with central heating, dries you out and makes your body more vulnerable to cold and flu viruses. Turn your thermostat down and keep the humidity up in your home. Dry air can dry out the mucous membranes in your nose and throat and cause them to crack, creating a place where viruses can enter the body.

*Remember: Let fresh air into your home at least once a week even if it is extremely cold outside.*

## Health in the Headlines “New Blood Pressure Guidelines”

New blood pressure guidelines published late December adjust recommendations for those over the age for 60. Instead of the old guidelines of blood pressure below 140/90, new guidelines are below 150/90. High blood pressure, or hypertension, is the most common medical condition and can lead to heart attack, stroke and kidney disease. For those under 60, recommendations are still under 140/90.

### 5 things you can do today to lower your blood pressure:

1. **Go for a walk.** Physical activity strengthens your heart, decreasing blood pressure.
2. **Eat your fruits and veggies.** Plant-based foods like fruits and vegetables are a great source of potassium, which plays a big role in controlling blood pressure numbers.
3. **Relax.** Stress raises blood pressure so finding time to relax and have fun is an important part of your health regimen. Make time each day to play, laugh, and relax!
4. **Take a nap.** When you're sleep deprived, your blood pressure goes up. Staying rested is best for your ticker.
5. **Hug a friend.** Being affectionate increases oxytocin, which has been called the “cuddle hormone”. This makes you feel close to friends and family and improves blood pressure.

## Resource Tech Corner



If you're looking for a simple way to feed your family their favorite foods minus the excess fat, salt, and calories then Meal Makeovers is the app for you! Meal Makeovers features healthier, more nutrient-rich versions of the classic breakfast, lunch, dinner, snack, and dessert recipes your family loves...without sacrificing the familiar flavors you expect.

Available for the iPhone, iPad and iPod Touch, the Meal Makeovers recipe app was created by [The Meal Makeover Moms](#) – registered dietitians Liz Weiss and Janice Newell Bissex of Massachusetts.

# Feature Food Cauliflower



We often hear the benefits of dark, leafy vegetables like spinach and kale, but what about vegetables with no color? What about white veggies like cauliflower? Some folks say “I like cauliflower, but it’s worthless”. **“Cauliflower is amazing!”** Not only is it delicious and easy to prepare, but it’s also packed with nutrition.

## ***Three reasons your body loves cauliflower.***

1. **Cauliflower is packed with nutrition**, and is related to kale (and we all know, kale = awesome). And like kale, cauliflower is incredibly high in vitamin C, vitamin K, fiber and potassium.
2. **Cauliflower has powerful detox and antioxidant properties.** Sulfuric compounds neutralize toxins, helping to prevent cancers and broad-spectrum antioxidants helps lower the risk of oxidative stress in our cells, lowering inflammation in the body which can help prevent heart disease and other diseases.
3. **Cauliflower can help balance hormones.** It contains extra compounds that help to capture and remove extra estrogens from the bloodstream, which can help to reduce acne. Removing excess estrogens is important for both women and men because in both genders it can lead to acne as well as more serious health problems.

One very popular way of eating cauliflower is mashed. Yes, as in “scratch the mashed potatoes, I want mashed cauliflower!” This is a great alternative to taters if you’re watching carbs, going Paleo, gluten-free, or just ready for a new addition to the dinner table.

## **Creamy Mashed Cauliflower**

Source: [www.eatingwell.com](http://www.eatingwell.com)

Savory cauliflower puree makes a perfect low-carb stand-in for mashed potatoes. It gets its fabulous flavor from garlic, buttermilk and a touch of butter and, best of all, it has about one-quarter of the calories of typical mashed potatoes. If you like, vary it by adding shredded low-fat cheese or chopped fresh herbs.

### INGREDIENTS

8 cups bite-size cauliflower florets (about 1 head)	1 teaspoon butter
4 cloves garlic, crushed and peeled	1/2 teaspoon salt
1/3 cup nonfat buttermilk (optional)	Freshly ground pepper to taste
4 teaspoons extra-virgin olive oil, divided	Snipped fresh chives for garnish

### PREPARATION

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.)

Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.