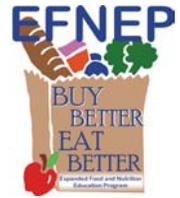




Family Nutrition In Action

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HAPPY NEW YEAR!!!!

KEEP YOUR RESOLUTIONS HEALTHY THIS YEAR!

Most of us vow to make resolutions each year and then break them almost instantly. The focus of this newsletter is to remind us to make Healthy Resolutions that can be kept. It's time to reflect on the changes we want, or often need, yet not to try everything at once. There's a temptation to list everything we've ever wanted to change about ourselves once the clock strikes midnight. You'll have better luck fulfilling one or two goals than you will with a list of many. You can always add new goals to your list later. Start with one thing at a time on a path to healthy living.

Healthy Eating After The Holidays

The goal is to eat healthy and stay healthy for a lifetime. Begin each day by reminding yourself of your goal. Log your eating and your level of exercise daily. Review your log to see

that it matches your goal of eating healthy. If it does not, regroup. If so, continue. Also, make a list of everything that can get in the way of reaching your healthy living goal. Remember that we are not perfect and there will be relapses. We must prepare for those in advance as well so that we can regroup as quickly as possible.

Healthy Substitutions

This year, make some simple recipe changes for healthier eating. We all have read numerous recipes that call for ingredients that we try not to keep in the house due to high calorie or fat content. We search for the substitution list and often can't locate one. Below is a handy one to keep in your kitchen.



Instead of...	Try...
Whole Milk	Fat-free or 1% milk
Evaporated milk	Evaporated skim milk
Sour cream	Plain yogurt or low-fat sour cream
Heavy cream	Evaporated skim milk
Butter to grease pans	Non-stick cooking spray
Eggs	Egg whites
Ground Beef	Turkey ground meat
Half-and-half	Evaporated skim milk
Buttermilk	Nonfat yogurt
½ c oil for marinades and salad dressings	½ c. defatted chicken broth or ½ c. unsweetened juice
2 tbsp oil for sautéing	2 tbsp defatted broth, water, or pineapple juice

Tips for Daily Healthy Eating

Just a reminder – don't try everything at once. Review the list below and incorporate them into your lifestyle slowly by adding one each time you accomplish a goal.

- Follow the Food Guide Pyramid, choosing the recommended number of servings from all five groups.
- Choose only lean meat or the white meat of poultry.
- Eat fish twice a week.
- Change your methods of cooking. Choose lean cooking techniques such as broiling, grilling, pan-broiling, poaching, or roasting.
- Remember to roast and broil meats on a rack so fat drips away during cooking.
- Discard drippings instead of making them into gravy.
- Trim off fat from meat before cooking. Kitchen shears are great for this job.
- Take off poultry skin before cooking.
- Visit a farmers market to buy fresh produce. You can even talk with the growers to learn how to prepare your purchases.
- Drink plenty of water. Not only is this healthy eating, but also it is great for your skin especially in the cooler weather. You can find additional sources of water in some common food such as lettuce, carrots, yogurt, grapefruit, and watermelon.
- Choose only low-fat milk, or skim milk.
- Use only monounsaturated or polyunsaturated oils.
- Avoid eating in front of the television. This causes overeating.
- Go to bed early, and cut out habits that stimulate overeating.
- Good nutrition starts with a healthy breakfast

For additional information, contact your local County Extension Office:



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