

HEALTHY CHOICES FOR HEALTHY FAMILIES



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Gearing up for a new year

After the holidays have come and gone, many of us feel like we need to make health and physical activity a priority in our lives again. Often, we make far-fetched goals that end up being impractical to achieve or maintain. In fact, 80% of people fail to keep their New Year's resolution. To help achieve your new goal, the best thing to do is to start with a SMART plan. Using a SMART plan allows you to break down your goal into smaller attainable parts so that it is not as overwhelming. SMART stands for:

- **Specific:** Describe in detail what action you want to achieve.
- **Measurable:** How often will you do the goal, or how will you know when the goal is accomplished?
- **Achievable:** What resources do you need to make this goal a success?
- **Realistic:** Making sure your goal is something that you want to achieve and not something others want for you. Are you the right person to reach this goal?
- **Timely:** Identify a time frame in which your goal will be completed.



An example of how to use a SMART plan

If your goal is to increase your fruit and vegetable consumption to include two fruit servings a day and three vegetable servings a day, you could use SMART goals to help achieve this goal and set yourself up for success.

- **Specific:** I want to increase my daily consumption of fruits and vegetables. I will eat two servings of fruit a day and three servings of

vegetables a day. By increasing my daily consumption, I hope to prevent chronic disease and have better lab results at the doctor's office.

- **Measurable:** I will consume one serving of fruit at breakfast and lunch. I will consume three servings of vegetables for lunch, snack, and dinner. I will keep track of this using a journal.

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PARENT CORNER

Family goals for a new year

Getting the whole family involved with a new goal can be fun and exciting. When creating goals, start small. Have children help with goal making so it is a family effort. Remember you don't have to accomplish all your goals at one time. Here are some tips for family goals in the New Year for better health.

- **Offer a variety of foods throughout the day.** Aim to make all of your meals, MyPlate meals. Let kids play a role in choosing which foods they will eat. You can start the process at the grocery store by letting them pick out a fruit or vegetable. Make sure to start the day with breakfast. Have kids help pack their lunches.

- **Share meals together as a family.** Sit down together a few times a week as a family and share a meal. You can learn so much about what is going on in each other's lives.
- **Promote body positivity in your family.** Kids are observant and listen to what adults are saying about their bodies. Avoid talking about your own weight. Relate eating a balanced diet to how it fuels our bodies to function properly, not as a reason to lose weight.
- **After dinner take a walk together as a family.** This is a good way for children and parents to bond. Too cold outside? Create indoor games and activities that get your heart rate up!

Adapted from <https://www.eatright.org/health/lifestyle/seasonal/make-resolutions-stick-focus-on-family>



FOOD FACTS

Vitamins and minerals: What are they good for?

Our bodies need vitamins and minerals for everyday functions. Vitamins and minerals help with your immune system, cell repair, growth, and blood clotting. Most people without underlying health conditions get all the vitamins and minerals they need just from eating a balanced diet that aligns with the MyPlate recommendations. There are 13 essential vitamins — A, C, D, E, K, and the eight vitamins in the B complex. There are also a variety of minerals we need in our daily diet including calcium, iron, and zinc.

Have you ever wondered what the differences between vitamins and minerals are? Vitamins are made by plants and animals, while minerals come from the water and soil and are absorbed by plants and animals that we eat. Multivitamins and multiminerals are the most commonly used supplements on the market. The best way to get vitamins and minerals is from the food you eat and not supplements. If you are low in a vitamin or mineral, contact your doctor to see if you should be on a supplement.

Adapted from <https://www.nccih.nih.gov/health/vitamins-and-minerals> and <https://www.helpguide.org/harvard/vitamins-and-minerals.htm>

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- **Achievable:** Yes, this goal is achievable if I plan my grocery shopping and meals out for the week.
- **Realistic:** Yes, I can make this goal realistic by finding new ways to incorporate fruits and vegetables into my meals.
- **Timely:** I will regularly be eating two servings of fruits and three servings of vegetables within 60 days of starting this goal.

This is just one way to use SMART goals to gear up for the New Year! You can use it with other goals you want to achieve including physical activity, sleeping, and other healthy eating habits.

Adapted from <https://ag.purdue.edu/agcomm/Pages/171213-SmartGoals.aspx>

COOKING WITH KIDS

Veggie Loaded Sloppy Joes

- Nonstick cooking spray
- 1 pound extra-lean ground beef
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 small onion, diced
- 1 tablespoon vinegar
- 3/4 cup ketchup
- 2 tablespoons yellow mustard
- 6 whole-grain sandwich buns
- 1 sweet onion, thinly or thickly sliced (optional)

1. Wash hands with soap and warm water for at least 20 seconds.
2. Spray a medium skillet with the cooking spray.
3. Combine the ground beef, diced peppers, and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes, or reaches an internal temperature of 160 degrees F using a food thermometer.
4. In a small bowl, mix the vinegar, ketchup, and mustard and add to the beef mixture; simmer 10 to 15 minutes.
5. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).

Note: Beef is a good source of iron, and the vitamin C in peppers (and tomato products) enhances absorption of iron.

Makes 6 servings

Serving size: 3/4 cup meat and 1 sandwich bun

Nutrition facts per serving:

370 calories; 10g total fat; 3.5g saturated fat; 65mg cholesterol; 670mg sodium; 40g carbohydrates; 1g fiber; 15g total sugars; 3g added sugars; 29g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source: www.eatright.org

RECIPE

Red Beans and Rice

- 1 pound dry red beans
- 7 cups water
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 3 celery stalks, chopped
- 3 garlic cloves, chopped
- 1/2 pound turkey smoked sausage, chopped
- 1-2 tablespoons Creole seasoning
- Cooked rice for serving

1. Wash hands with soap and warm water for at least 20 seconds.
2. Place all ingredients except cooked rice into a 4-quart slow cooker.
3. Cover and cook at high setting for 7 hours or until beans are tender.
4. Serve individually over 1/2 cup hot cooked rice.

Makes 14 servings

Serving size: 1 cup (not including rice)

Nutrition facts per serving:

140 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 15mg cholesterol; 150mg sodium; 23g carbohydrate; 5g fiber; 2g total sugar; 0g added sugars; 10g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Note: If served with 1/2 cup white long grain rice, add 100 calories; 22g carbohydrate; 2g protein per serving. If served with 1/2 cup brown rice, add 110 calories; 1g total fat; 22g carbohydrate; 2g fiber; 3g protein per serving.

Source: www.planeatmove.com



BASIC BUDGET BITES

Beans: Healthy and low cost

Unlike meat-based proteins, beans are naturally low in fat, are free of saturated fat and trans-fat, and are a cholesterol-free source of protein. Research shows that a diet including beans may reduce your risk of heart disease. Beans are versatile, and you can add them to a variety of dishes. Add beans to soups, salads, and sandwiches. Use beans to make dips, and even add them to meat dishes such as hamburgers or spaghetti meat sauce.



Source: <https://usdrybeans.com/health-nutrition>



LOCAL EVENTS

SMART TIPS

Simple ways to reduce sodium intake

- Buy canned products with no sodium added.
- Use the Nutrition Facts label to compare sodium in products to find the one with the least amount of sodium.
- When you're able, purchase fresh meats instead of processed meats.
- Use herbs and sodium-free spice blends when cooking.
- Limit prepackaged meals, and try to cook fresh as often as possible.

Source: https://www.cdc.gov/salt/reduce_sodium_tips.htm

If you are interested in nutrition classes, contact your Extension office.

VISIT US ONLINE AT
EXTENSION.CA.UKY.EDU/COUNTY