

# Food Facts

*Sensible Nutrition for Healthy Families*

## New Year's Resolutions

We all make plans to eat healthy and lose weight this time of year, but how long do these plans last? Keeping healthy eating goals sensible with simple changes can help make sure you have success this year!



### **Be Realistic**

This time of year, every other commercial is selling a special diet, diet pill, or workout gear. If it sounds too good to be true, it probably is. Hang on to your money; you can get healthy without spending a fortune. Here are a few easy everyday changes that don't cost a dime!

- **Family Fun:** Play with your kids. A game of tag, football, softball or a walk together is great for your health and relationships.
- **Step it up!** Park in the back row. This will save the hassle of looking for a closer parking place and you will burn more calories walking. Avoid elevators and escalators; take the stairs.
- **Make chores a workout.** Scrub the bathtub, rake the yard, wash the windows. These jobs can increase your heart rate and improve your home!

## PORTION CONTROL

Studies show the more we are served, the more we eat. Over the years, portion sizes of foods have increased dramatically, causing us to overeat.

Controlling portions saves you money and excess calories. Try using a smaller plate at meals. A smaller amount of food will fit on the plate and you will automatically select smaller portions. Check the sizes of your bowls and glasses. Are large glasses and bowls causing you and your family to get too much? Avoid eating directly from a package of food. Measure out a small amount and put the package away.

Remember, you don't have to clean your plate. It's good to have leftovers! Listen to your body and stop eating when you are no longer hungry.

## New Year, New Outlook

Positive thinking is a powerful force. Spend time every day thinking about why a healthy diet and physical activity are important to you:

- ♥ *I will have more energy;*
- ♥ *I will be sick less often;*
- ♥ *I will be setting a good example for my children;*
- ♥ *I will have less chance of diabetes and heart disease;*
- ♥ *I will be around longer to see my children and grandchildren grow up.*

Remind yourself of those things on a daily basis, and it will be easier to make good decisions about what you eat and how active you are.

## A New Year's Tradition, Good Year 'Round!

Many people say that black-eyed peas are good luck when eaten on New Year's Day. It is said that because black-eyed peas swell when cooked, they represent prosperity. They are a great source of folate, fiber, and protein...and they are low in calories!

### Quick & Healthy Black-Eyed Peas

- 4 slices chopped turkey bacon
- 2 pounds black-eyed peas, frozen
- 2 cups water
- 1/4 teaspoon black pepper
- 1 Tablespoon sugar

1. Place a pot over medium high heat and cook bacon for 3-4 minutes.
2. Add the rest of the ingredients and bring to a boil.
3. Reduce heat to simmer and allow to cook until the peas are tender, about 30 minutes.
4. Serve hot.

Makes 6 servings, Serving Size: 1 ½ cups

Nutrients per serving: 160 calories, 5g fat, 15mg cholesterol, 260mg sodium, 21g carbohydrate, 5g fiber

