

HEALTHY CHOICES

FOR HEALTHY FAMILIES

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University of Kentucky
College of Agriculture,
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TOPIC

Reach Your Nutrition Goals in the New Year

If your goal is to get healthier in the New Year, try these tips to help guide you toward success.

- **Start with small changes.** Instead of a diet overhaul, make small changes to what you eat and drink that will work for you now and in the future.
- **Take one day at a time.** Sometimes things don't go as planned, even with the best of intentions. If you miss one day or one milestone for your goal, don't give up!
- **Be active your way.** Pick activities you enjoy. If you focus on having fun or learning a new skill that interests you, you will be more likely to stick with it.
- **Team up.** Find a friend with similar goals—swap healthy recipes and be active together. Staying on track is easier with support and a cheerleader.
- **Celebrate successes.** Think of each change as a “win” as you build positive habits and find ways to reach your goals. Reward yourself—you've earned it!



Source: Choose MyPlate

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PARENT'S POW-WOW

Set Nutrition Goals as a Family

Parents and family members can be excellent role models for children. Make setting nutrition goals as a family a fun way to get healthy together. Support each other to make changes and keep everyone on track. Here are some ideas to get you started:

This week, my family will:

- Eat a dark-green, red, or orange vegetable at dinner.
- Switch to a whole-grain cereal at breakfast.
- Drink fat-free or low-fat (1%) milk at meals.
- Eat beans or peas at dinner at least once.
- Drink water instead of soda or other sweet drinks.
- Enjoy fruit for dessert.

Source: USDA MyPlate at Home

BASIC BUDGET BITES

Make a Grocery List

Stay organized with a grocery list to control spending and avoid buying things you don't need.

When making a grocery list:

- 1. Use your list of weekly meals.** Create a list of foods and beverages you will need to buy to make the meals in your weekly plan. Don't forget to include foods like fruits, vegetables, and milk that might not be part of a recipe but are basics for healthy eating.
- 2. Organize your list.** Make shopping quick and easy by organizing your list into different sections or food groups. For a free template, try the Create a Grocery Game Plan: Grocery List.
- 3. Add foods as you go.** Keep an ongoing grocery list in your kitchen or on a free mobile app, and add items as you run out. Some mobile apps allow you to sync grocery lists with others in your household.



Source: Choose MyPlate



FOOD FACTS

Rutabaga

Rutabagas are cool-season root vegetables that are a cross between a turnip and cabbage. Although rutabagas have a rough exterior, they are similar in taste to turnips, only slightly milder and with more sweetness. When purchasing look for a smooth, firm vegetable with a round shape. Avoid those that appear to have cracks, cuts, or punctures. They can be baked, steamed, boiled, or mashed to make an excellent side dish. You can also add them to your soups or stews. Along with a pleasing flavor, rutabagas are an excellent source of vitamin C and potassium and a good source of fiber, vitamin A, calcium, vitamin B6, magnesium, and manganese. Rutabagas can keep for months when stored in a plastic bag in the refrigerator or a cool storage place. When ready to prepare, use cool water and a vegetable brush to remove dirt.

Source: <https://snaped.fns.usda.gov/seasonal-produce-guide/rutabagas>

COOKING WITH KIDS

Oven-Baked Rutabaga Fries

- 2 cups fresh rutabaga
- 1 teaspoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Pinch of salt (optional)

1. Preheat oven to 425 degrees F.
2. Peel rutabagas with a paring knife and slice in ¼" rounds or cut them into fries like you would potatoes.

3. Toss with oil and a little salt and put them on a nonstick baking sheet.
4. Cook about 12 minutes, turning twice.
5. Take out when golden brown and tender.
6. Immediately sprinkle with garlic powder and paprika.

Number of servings: 4

Serving size: ½ cup

Nutrition Facts per serving:

40 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 10mg sodium; 7g carbohydrate; 2g fiber; 3g total sugars; 1g protein.

Source: North Carolina Cooperative Extension



RECIPE

Roasted Root Vegetables

- 4 root vegetables (Choose from a variety of medium-sized potatoes, rutabagas, turnips, parsnips, beets, or sweet potatoes.)
- 2 chopped carrots
- 1 medium chopped onion
- ¼ cup cooking oil
- 3 tablespoons Parmesan cheese

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl, and pour oil over top.
4. Add Parmesan cheese, and mix well.
5. Spread everything as an even layer on a baking sheet.
6. Bake for 1 hour or until tender.
7. Pierce a few vegetables with a fork to see if they are tender. Your fork should easily poke through the skin of the vegetables.



Number of servings: 4

Serving size: ¼ recipe

Nutrition Facts per serving:

260 calories, 15g fat, 2g saturated

fat, 5mg cholesterol, 150mg sodium, 30g carbohydrates, 6g fiber, 12 g sugar, and 5g protein

Source: What's Cooking? USDA Mixing Bowl

LOCAL EVENTS

SMART TIPS

Rinse at Your Own Risk

Rinsing chicken in a colander will not remove bacteria. In fact, it can spread raw juices around your sink, onto your counter tops, and onto ready-to-eat foods. Bacteria in raw meat and poultry can only be killed when cooked to a safe minimum internal temperature, which for poultry is 165°F, as measured by a food thermometer. Save yourself the messiness of rinsing raw poultry. It is not a safety step and can cause cross-contamination. Always use a food thermometer to check the internal temperature of your food.

Source: Partnership for Food Safety Education



IF YOU ARE INTERESTED IN NUTRITION CLASSES, CONTACT YOUR EXTENSION OFFICE.
