

HEALTHY CHOICES

FOR HEALTHY FAMILIES

JANUARY / FEBRUARY 2020



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



USDA
Supplemental
Nutrition
Assistance
Program

This material was
partially funded by
USDA's Supplemental
Nutrition Assistance
Program — SNAP.



This work is supported
by the Expanded
Food and Nutrition
Education Program
from the USDA
National Institute of
Food and Agriculture.

New year, new you!

The beginning of a new year is when many Americans will focus on improving their diets and exercise routines with the goal of weight loss and wellness. Why do so many people fail at reaching this goal and give up completely in just a few short weeks or months? Reflecting on your own past experiences or on those of your family and friends, you may have noticed the following mistakes.

Sudden change

It's understandable to want to completely overhaul several undesirable habits all at once instead of gradually making these changes over time. But making sudden changes in behavior can feel overwhelming and, more often than not, lead to failure. How can you avoid this? Commit to one thing and make that goal something small and realistic. For example, commit to just 10 minutes of walking a day at first. When you have been consistent for several weeks, set a new goal that challenges you just a little more, like 30 minutes of walking



each day. This can help you stick to your goal and, by the end of the year, have a story of progress not failure.

Restrictive diets

Many of the trendy diets we hear about are restrictive diets in one form or

another. Fad diets demand that foods or food groups be eliminated. These diets can feel difficult and leave you questioning your willpower. The real problem is this negative approach to

CONTINUED ON PAGE 4

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

BASIC BUDGET BITES

Tidying up can save you money

Do you know what you have in the pantry and fridge? Organize for quick inventory! This can prevent you buying things you already have on hand. Use this as an opportunity to look at expiration dates and toss any that are past the date printed on them. Make notes, if needed, on what expired and why. Does your family not like to eat this? Did you buy too much and didn't use it in time? Make a place in your coupon notebook or groceries notepad to make notes on the things you noticed to avoid making wasteful purchases in the future.

Source: Amy Singleton, Regional Extension Agent for Nutrition Education Program

SMART TIPS

Convenience costs

Avoid buying prepared products. Do the work yourself! Buying a prepared product is usually more expensive. For example, instead of buying broccoli florets buy a head of broccoli and cut off the florets yourself.

Source: University of Kentucky Managing in Tough Times



FOOD FACTS

Omega-3 fatty acids

Omega-3 fatty acids are polyunsaturated fats that are found naturally in foods and can be consumed as a dietary supplement. Three omega-3 fatty acids key to a healthy diet are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Foods with omega-3 fatty acids include fish like salmon, mackerel, tuna, herring, and sardines; nuts and seeds especially flaxseed, chia seeds, and walnuts; plant oils; and foods that have been fortified or had omega-3 fatty acids added to them. The American diet is adequate in ALA but some people don't get enough EPA and DHA. An overall deficiency in omega-3 is rare in the United States. Some research shows omega-3 fats are heart-healthy and even protect against some heart problems. People who eat fish regularly also show a lower risk of chronic disease. Omega-3 fatty acids may help prevent certain types of cancer and support eye health. Doctors recommend getting omega-3 fatty acids in your diet through the foods you eat. Include a variety of foods containing omega-3 fatty acids to ensure you get all three types.

Source: National Institutes of Health

COOKING WITH KIDS

Banana Walnut Oatmeal

- 2 cups skim milk
- 2 cups quick-cooking oats
- 2 mashed ripe bananas
- 2 tablespoons maple syrup
- 2 tablespoons chopped walnuts

Number of servings: 4

Serving size: ½ cup

Source: What's Cooking? USDA Mixing Bowl

1. Heat milk in a small saucepan over medium heat until steaming hot, but not boiling.
2. Add oats and cook, stirring until creamy, 1 to 2 minutes.
3. Remove the pan from heat and stir in mashed banana and maple syrup. Divide between four bowls, garnish with walnuts, and serve.



RECIPE

Apple Cranberry Salad Toss

- 1 shredded head of lettuce, about 10 cups
- 2 sliced medium apples
- ½ cup chopped walnuts
- 1 cup dried cranberries
- ½ cup sliced green onions
- ¾ cup vinaigrette dressing

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Number of servings: 8

Serving size: ⅛ recipe

Nutrition Facts per serving: 174 calories, 10 g fat, 1 g saturated fat, 0 mg cholesterol, 227 mg sodium, 22 g carbohydrates, 3 g fiber, 9 g added sugar, and 2 g protein

Source: What's Cooking? USDA Mixing Bowl





PARENT'S POW-WOW

Family meals improve diet in children and teens

Research into family meals continues to find benefits for children and teens as it relates to diet quality. New research finds more frequent family meals lead to an increase in fruit and vegetable consumption. The research also showed a decrease in consumption of fast food, takeout food, and sugar-sweetened beverages. These benefits were observed among households including those that reported low functionality, low emotional connection, and lack of daily routines. There are some easy tips for including family meals in your weekly routine.

Start small

Make a goal of starting with one family meal a week and

gradually work toward reaching three family meals a week.

Make it simple

Include canned or frozen vegetables for quick preparation. Cook soups or casseroles that can be reheated and enjoyed a few times throughout the week.

Get kids in the kitchen

Kids can start helping in the kitchen at age 2 with tasks like tearing or pouring. Older children and teens can learn safe knife skills and practice following along with a recipe or package instructions.

Source: Journal of American Medical Association Network Open

CONTINUED FROM PAGE 1

New year, new you!

improving your diet. Instead of what you can take away, try to focus your attention on what you can add. For example, you already eat eggs for breakfast each morning. Think about adding vegetables to your eggs to add nutrients and fiber. Want to cut back on soft drinks? Instead of focusing on eliminating them, think about how you can drink more water. Try not to eliminate food groups because this often leads to getting rid of variety and nutrients your body needs.

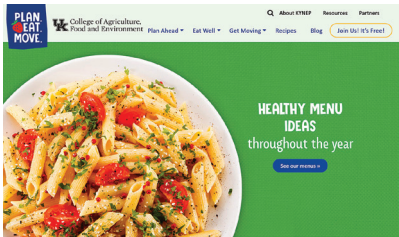
All or nothing mindset

Have you ever said things like “I went a little overboard at lunch today so I’m just going to eat whatever I want the rest of the day,” or “This week hasn’t gone the way I wanted. I’ll start again on Monday.” The key to sticking with any behavior change is to avoid labeling a small setback as failure. One indulgent dessert will likely not stall your progress; however, the mindset that you messed up and therefore get off track for several days as a result can affect progress. Instead, concentrate on making your next decision one that reflects your goal. Consistency is the key to achieving an overall lifestyle change.

Source: Amy Singleton, Regional Extension Agent for Nutrition Education Program



LOCAL EVENTS



Feeling better happens one small step at a time.

We know, because that's what we've done – and we're here to show you how you can do it too. A step here, a step there and soon you'll be eating well, planning good meals, and moving more. Most of all, you'll be feeling great. So take a look at some of our useful tips and maybe even take a free class for free tips.

PlanEatMove.com

Connect with or contact your county to learn about free classes in your community! Visit PlanEatMove.com/free-classes to learn more.

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

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