



Resolve to Be Healthy in 2004

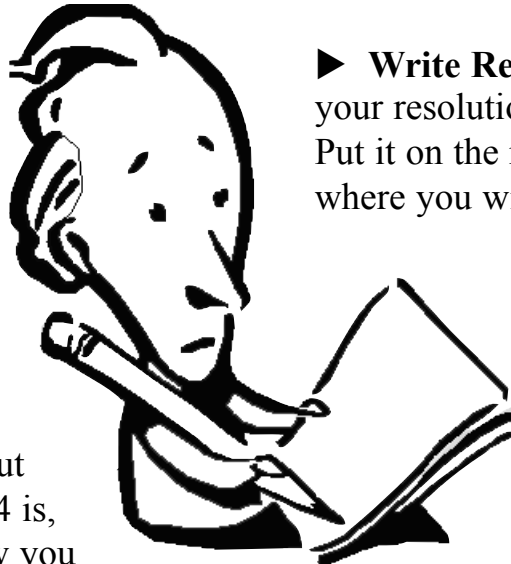
Many people make resolutions at the beginning of each New Year. Often these resolutions are related to our health and well-being. Unfortunately many of us have trouble keeping these resolutions for more than a couple of weeks.

You probably have thought about what your resolution(s) for 2004 is, but have you thought about how you are going to keep it? Here are some ideas to help you keep those resolutions this year.

▶ **Do One Thing at a Time** - You will have better luck at keeping your resolutions if you concentrate on one or two things at a time. Once the first resolution has become habit you can add another one to your list.

▶ **Make a Plan** - Once you have decided on your resolution make a plan for how you are going to accomplish it. For example if your resolution is to eat more vegetables your plan might include the following:

- ▷ Try one new vegetable every week.
- ▷ Prepare an old favorite in a different way.
- ▷ Have at least two servings of vegetable at dinner everyday.



▶ **Write Resolution Down** - Write not only your resolution, but also your plan of action. Put it on the refrigerator or some other place where you will see it everyday as a reminder.

Healthy Resolutions

Here are some ideas to help you make a resolution to be healthier in 2004.

- ▶ Trade TV hours for some kind of activity. You only burn about 70 calories per hour watching TV, you burn about three times that much doing light house cleaning.
- ▶ Invite a couple of friend to exercise with you. This could be walking inside or outside. It's more fun to do it with a friend and you are more likely to keep at it.
- ▶ Eat at least three servings of vegetables every day. They are very low fat, low sodium, rich in vitamins.
- ▶ Eat at least two servings of whole fruit everyday. They are naturally sweet, full of flavor and a good source of fiber.
- ▶ Include more whole grain foods like whole grain cereals and whole grain bread.
- ▶ Eat breakfast everyday. It is the most important meal of the day.
- ▶ Try a new food each week. This might be a new vegetable or fruit or an ethnic food you have never eaten before.

- ▶ Choose healthier snacks like fruits, vegetables, low fat popcorn, pretzels, rice cakes or graham crackers.
- ▶ Eat fried food less often, only once or twice a week.

Remember, start with only one or two resolutions and when you feel you are doing well with those add another. Success with one or two is better than no success with many.

Banana Nut Oatmeal

- 1 cup water
- ½ cup old-fashioned oats
- ¼ tsp. Cinnamon
- 1 banana, peeled and coarsely chopped
- 1 tsp chopped pecans
- ½ cup skim milk

Bring water, oats and cinnamon to a boil in a saucepan over high heat. Reduce heat to low and continue to cook 4-5 minutes, stirring constantly until oatmeal reaches desired consistency. Remove from heat. Stir in chopped bananas, cover and let sit 5 minutes before serving. Serve with chopped pecans and skim milk.

Serves 1 Serving: 260 calories, 3.8 g fat, 2 mg cholesterol, 72 mg sodium, 47 g carbohydrate, 6 g fiber, 11 g protein.



Chicken Noodle Dinner

- 1 tsp vegetable oil
- ½ cup onion, chopped
- 1 cup cooked chicken breast, cubed
- 1 cup frozen mixed vegetables
- 1 cup uncooked noodles
- 1 cup chicken broth (low sodium if possible)
- ¼ tsp garlic powder
- ½ tsp oregano
- black pepper to taste

Heat vegetable oil in skillet over medium-high heat. Sauté the onion for a few minutes then add the rest of the ingredients. Bring to a boil. Lower heat and cover the pan. Simmer until the noodles are tender, about 8 to 10 minutes. Serve hot.

Serves 2. Each serving: 290 calories, 6.5 g fat, 90 mg cholesterol, 213 gm sodium, 27g carbohydrate, 5 g fiber, 30 g protein.



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