



## Resolve to Be Healthy in 2008

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

You probably have thought about what your resolutions for 2008 are, but have you thought about how you are going to keep them? 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 vegetables 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 2008.

- ◆ 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 friends 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 4 to 5 servings (2-½ to 3 cups) of vegetables every day. They are very low fat, low sodium, rich in vitamins.
- ◆ Eat at least 2 cups 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.

Nutrition information: 260 calories, 3.8 g fat, 2 mg cholesterol, 72 mg sodium, 47 g carbohydrate, 6 g fiber, 11 g protein.

Prepared by: Barbara Farner, Extension Educator  
Nutrition and Wellness  
Matteson Center



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### Chicken Slaw

- 1 cup cubed cooked chicken
- 1 cup coleslaw mix (packaged grated cabbage & carrots)
- 1 celery rib, chopped
- 1 hard-cooked egg, diced
- 2 tablespoons salad dressing
- 1-½ tablespoons lowfat milk
- 1-½ tablespoons lemon juice
- ½ teaspoon brown sugar
- Dash celery salt and dash paprika

In a small bowl, combine the chicken, coleslaw mix, celery and egg. In another bowl combine the salad dressing, milk, lemon juice, brown sugar and celery salt. Pour over chicken mixture and toss to coat. Sprinkle with paprika. Refrigerate until serving. Serves 2.

For a change can be made with leftover turkey, canned tuna or salmon in place of the chicken.

Nutrition information per serving: 217 calories, 8 g fat, 169 mg cholesterol, 357 mg sodium, 8 g carbohydrate, 1 g fiber, 24 g protein.

