Keeping Healthy New Year’s Resolutions

Each year about one in three Americans make a New Year’s resolution that includes something about healthier living. A study in 2002 showed that about 75 percent of people stick to their resolution for one week, but that number drops below 50 percent within six months. Many times that downturn is due to people making their goals too difficult, and not looking at short term progress. This year, let’s resolve to make realistic goals and stick with them all year.

Here are five goals that will help you on your way to a healthy and nutritious 2016:

1. **Eat more fruits and vegetables.** The United States Department of Agriculture (USDA) recommends making half of your plate fruits and vegetables, which is about 4.5 cups total a day. Try adding frozen peas or corn to a main dish, or have a fresh salad with dinner. Add more fruit by having an apple as a snack instead of chips.

2. **Learn to read labels.** Many people shop to get the most volume for their dollar, but also think about getting the most nutrient value for your dollar. For example, look for cereals that contain whole grains and less sugar. Also look for items that are lower in sodium. Many canned vegetables and soups now come in reduced sodium options.

3. **Cut back (or cut out) sugar sweetened beverages.** Some beverages contain 10 or more teaspoons of sugar per serving! It may be difficult at first, but start slowly, eliminating a little at a time. In place of sugary beverages try water with lemon or other citrus, or try a new herbal tea. Cutting the sweetened beverages will help control empty calories and drinking more water will leave your body well hydrated.

4. **Try growing your own food.** If you don’t have space or time to manage a whole garden, start with a few small pots on your porch or join a community garden. Tomatoes are easy and produce well. Also try herbs like rosemary and basil that will add flavor to any dish.

5. **Get more physical activity!** There are many ways to do this without joining a gym or making unreachable workout goals. Start by taking a walk during your lunch break a few times a week. Consider starting a walking group at your place of work or with people in your neighborhood, as it’s always easier to get motivated with a group.

### Mexican Chicken Soup

2 cans diced tomatoes, Mexican style 1 14.5 oz. can reduced sodium chicken broth 1 can black beans, no salt added, drained & rinsed 2 cups frozen corn 1 tsp. ground cumin 1 1/2 tps. garlic powder 1 tsp. chili powder 1 pound ground turkey or chicken 1/4 tsp. pepper

Cook chicken or turkey in a frying pan. Combine remaining ingredients and add the cooked chicken or turkey. Bring to a boil, reduce heat and simmer for 20 minutes. Enjoy!

This recipe is also a great crockpot recipe.
<table>
<thead>
<tr>
<th>January 2016</th>
<th>Eat Smart Idaho Class Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
</tr>
<tr>
<td><strong>Eat Smart Idaho offers FREE classes</strong>&lt;br&gt;<strong>that can help you learn how to eat well for less!</strong></td>
<td></td>
</tr>
<tr>
<td>4 Go Lean with Protein &amp; Make a Change @ Open Arms Pregnancy Ctr. - 1800 Lincoln Way, #201 - CDA – 2:00 to 3:00</td>
<td>5</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>25 Make Half Your Grains Whole @ Open Arms Pregnancy Ctr. - 1800 Lincoln Way, #201 - CDA – 2:00 to 3:00</td>
<td>26 Quick WIC Nutrition Demo @ WIC Clinic, Panhandle Health District – 8500 N. Atlas Rd. – Hayden – 10:00 to 2:00</td>
</tr>
</tbody>
</table>

**For Information on Eat Smart Idaho classes or to schedule your own series of classes, contact the Nutrition Advisor in your county:**

Benewah, Kootenai & Shoshone Counties 446-1680  
Bonner & Boundary 263-8511  
Latah 883-2267  
Nez Perce or Clearwater 799-3096  
Idaho or Lewis 983-2667

To contact the Eat Smart Idaho Coordinator:  
Kali Gardiner, RDN, LD  
Web: www.eatsmartidaho.org Phone: 446-1680 E-mail – kalig@uidaho.edu

**Sources:** http://msue.anr.msu.edu/news/keeping_healthy_new_years_resolutions retrieved 12/31/15

This material was funded by USDA’s Supplemental Nutrition Assistance Program Education (SNAP-Ed), Expanded Food and Nutrition Education Program (EFNEP), the Idaho Department of Health & Welfare Food Stamp Program and University of Idaho.  
SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.  
To find out more, contact your local food stamp office, or call 1-800-221-5889 for Idaho’s toll-free number.  
The USDA, Idaho Department of Health & Welfare and University of Idaho is an equal opportunity providers and employers.