

Healthy Habits

Healthy New Years Tips For The Family

- Make healthy resolutions as a family. Get everyone including the kids involved in making resolutions.
- Get moving. Walk, dance, yoga or play an active game as a family.
- Organize the pantry. Clear out junk food to help eliminate temptation. Organize your pantry and fridge with healthy go to snacks including fruit and prepped vegetables such as carrots and celery to get the extra fruit and veggies in. Include nuts, seeds, multigrain crackers and portioned cheese sticks.
- Start with one goal a week. Focusing on one small thing is more attainable and therefore more achievable.

Make Your Own Green Smoothie



1.

MIX
THE BEST
INGREDIENTS

2.

BLEND
UNTIL SMOOTH

3.

DRINK
AND ENJOY YOUR
HEALTHY SMOOTHIE

GREENS - CHOOSE 1 -
2 CUPS SPINACH - 1 CUP KALE - 1/2 HEAD OR 1
HEART OF ROMAINE - 1/4 CUP RAW BROCCOLI

FRUITS - CHOOSE 2 -
1 APPLE - 1 CUP BERRIES - 1 OR 2 KIWI - 1 ORANGE -
1 BANANA - 1 CUP MANGO - 1/2 CUP CUCUMBER -
1 CUP PINEAPPLE - 1 PEAR - 2 CELERY STALKS

BASE - CHOOSE 1 -
1 CUP MILK - 1 CUP SOY OR ALMOND MILK -
1 CUP WATER OR COCONUT WATER - 1 CUP YOGURT



6 Tips: Healthier Cooking

The new year is a time to assess, set goals and make changes. After holiday meals and indulgences we often want to focus on healthier habits. The following are some simple ways to begin cooking healthier in the new year.

Prepare healthier foods across all of the food groups

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit in your dessert; use low-fat milk instead of cream in recipes.

Make sure your protein is lean

Chicken; Turkey; beans; and some types of fish are lean protein choices. Trim fat when cooking meats. Go easy on or cut out the sauces and gravies — they can be high in saturated fat and sodium.

Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Make your own parfait with colorful sliced fruit and low-fat yogurt.

Source: <https://www.choosemyplate.gov/ten-tips-make-healthier-holiday-choices>