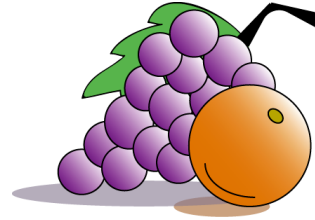


New Year's 10 Best Resolutions

Make 2009 your healthiest year ever!



Take small steps to create healthy eating habits for your family.

Choose one, two or all ten of these New Year's resolutions:

- 1 Eat with your family.** Plan to have family meals where your family sits together and enjoys food and each other. Eat at least one meal every day with your family.
- 2 Serve a fruit or vegetable with each meal.** Offer fruit or juice for breakfast. Serve at least 1 vegetable or fruit at lunch and dinner.
- 3 Serve milk at meals.** Drinking milk at meals will help your family get 3 servings of calcium rich foods every day.
- 4 Switch to skim or 1% milk.** Skim milk has all the calcium and nutrition found in 2% or whole milk. Skim and 1% milk are lower in calories and fat – a healthy choice!
- 5 Start your day with breakfast.** Toast with peanut butter, yogurt with fruit and cereals are quick and easy. Choose whole grain breakfast cereals.
- 6 Buy whole wheat bread.** Read the label – choose breads made with whole wheat flour. Your family will get extra fiber and nutrition.
- 7 Snack on fruits and vegetables.** Keep fresh fruits and vegetables in your refrigerator – ready to eat. Offer baby carrots, apples, grapes, cherry tomatoes, cut up broccoli and cauliflower, and fruits canned in juice.

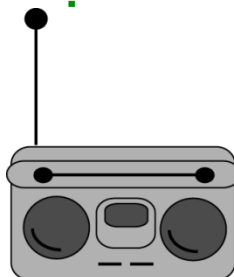
- 8 Skip the french fries and potato chips.** They are loaded with fat and calories. Serve baked potatoes, boiled potatoes and other vegetables – broccoli, green beans, corn, raw carrots and salads.
- 9 Don't buy soda and other sweet drinks.** Encourage your family to drink water when they are thirsty.
- 10 Be active every day.** Have fun with your family. Play with your children.

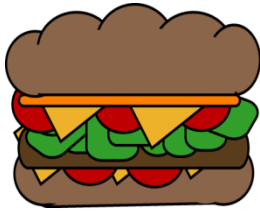
Play with your family

- Take a family walk.** Walk around the neighborhood, in the park or zoo, to the school playground, or to a friend's house. Bring along your small children in a wagon. Push your baby in a stroller.
- Dance together!** Turn on the music and dance. Children love to dance with their family and friends.

Have a ball!

Buy a large ball. Roll, toss and catch it. Play a sport together – basketball, soccer, volleyball, or kickball.





Tasty Burgers

Save money by adding oatmeal to your hamburgers.
Oatmeal adds fiber and extra nutrition!

- 1 pound lean ground beef
- ½ cup oatmeal
(quick or old fashion oatmeal, uncooked)
- ¼ cup finely chopped onion
- ½ cup plain low fat yogurt or mayonnaise
- Dash of garlic salt
- Dash of pepper

Combine ground beef, oatmeal, onion, yogurt, garlic salt and pepper in a bowl.

Shape mixture into 6 hamburger patties.

Cook hamburger patties in a hot skillet until meat is no longer pink.
Serve hamburgers on buns.

4 hamburgers (1 hamburger) – 403 calories,
19 grams fat, 42% calories from fat
and 2 grams of fiber in a serving.



Top your hamburger with flavor!

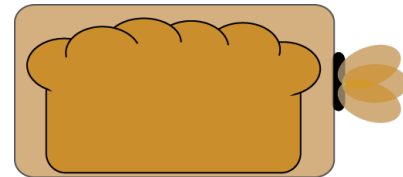
Add tomato slices, shredded lettuce,
sliced pickles and ranch salad dressing.

Or

add spice to your burger with a slice of
pepper jack cheese, fried onions
and green pepper slices.

Add Fiber!

- ♥ **Buy whole grain bread instead of white bread.** Read the label – choose breads that list whole wheat or another whole grain as the first ingredient on the label.
- ♥ **Buy whole grain crackers.** There are some great tasting whole grain crackers in the grocery store – check the label!
- ♥ **Eat whole fruits.** Add sliced fruit (fresh or canned) to cereal, cottage cheese or yogurt. Snack on apples, bananas, grapes and kiwi fruit.
- ♥ **Serve raw vegetables with a low fat dip.** Try broccoli, carrots, cauliflower, cucumbers, and pepper slices.
- ♥ **Eat baked potatoes with the skin.**
- ♥ **Cook with more dried beans and peas!**



More Beans and Peas

- ♥ **Enjoy soup on cold winter days.** Try split pea soup, navy bean soup or chili with beans.
- ♥ **Add refried beans to your favorite Mexican dishes.** Make tacos with refried beans and hamburger. Top refried beans with shredded chicken and cheese. Heat in a microwave and serve with low fat tortilla chips.
- ♥ **Serve baked beans at lunch or dinner.**
- ♥ **Add canned beans to casseroles.** Try pinto beans or navy beans. Drain off the water. Stir in beans and heat.
- ♥ **Add canned beans to your lettuce salads.** Drain the water off canned beans. Toss beans into your salad. Garbanzo beans and navy beans taste great in salads.