



December 2017 Newsletter

BAYLOR COUNTY EXTENSION OFFICE, 500 N. MAIN STREET, SEYMOUR TX 76380
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Ending the Year On a High Note

2018 is almost here! If you're like most of us, you're wondering how the year ended so quickly. It seems like only a few months ago we were celebrating the beginning of 2017.

Now that the year is coming to an end, you may be a bit reflective. Did you make a New Year's resolution at the beginning of the year? If so, did you keep it?

Many who make resolutions are focused on improving their health (i.e. losing weight, building stamina, etc.) or eating healthier foods. Unfortunately, a high percentage of those making resolutions failed to meet their goals. If you're among those, don't lose hope. It's not too late to reach, or even start, those goals.

You can end the year on a high nutrition-related note by taking a few simple steps:

1. Control your portion sizes when having a meal.
2. Be physically active on a daily basis (walking, jogging, biking, etc.)
3. Make sure half your plate has fruits and vegetables.
4. Check your plate to be sure there are a variety of colors represented from the different food groups.

5. Involve your kids in preparing meals that contain vegetables and fruits.
6. Try new fruits and vegetables to bring a bit more excitement into traditional meals.

If You Kept Your Resolution(s):

Good for you! Keeping your resolution(s) makes you one of an elite few who can truthfully say that they met their goals for the New Year. You should be proud of yourself! Still, you'll want to keep practicing your healthy habits as we head into 2018.

Don't get complacent. Remain disciplined in your approaches to eating healthier and engaging in physical activity. It's much easier to break a habit than to start one, so stay engaged and committed and have a great 2018!



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Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Maple Sweet Potatoes

Makes: 2 servings

Ingredients:

- 2 sweet potatoes (large)
- 2 tablespoons yogurt, non-fat
- 1 tablespoon maple syrup
- 1 tablespoon orange juice

Directions:

1. Prick potato skins with a fork. Microwave on high for 3 to 4 minutes until soft and easily pierced with a knife.
2. Scoop out the pulp into a medium bowl. Mash the pulp and stir in the yogurt, maple syrup, and orange juice. Transfer to a microwave safe serving bowl and microwave for 1 to 2 minutes to heat through.



150 Calories, 0g Total Fat, 35g Total Carbohydrates, 4g Dietary Fiber, 80mg Sodium

Deep Dish Apple Cranberry Pie

Makes: 10 servings

Ingredients:

- 4 apples (large, peeled, cored, and sliced)
- 2 ½ cup cranberries (fresh or frozen)
- ¾ cup sugar
- ¼ cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)

Directions:

1. Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
2. Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
3. Bake at 375° for about an hour. Serve warm. Refrigerate any leftovers.



240 Calories, 8g Total Fat, 2g Saturated Fat, 42g Total Carbohydrates, 3g Dietary Fiber, 115mg Sodium

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