



## Setting Healthy Goals That Can Be Reached

It may seem unlikely to be able to make sustainable goals past the “New Years Resolution” craze, but there is hope! Attainable healthy lifestyle goals are made by setting “SMART” goals.

**Specific**—Focus your intentions and define clearly what you are going to do.

**Measurable**—Decide how you will measure your progress. Consider deciding on mini goals that you can measure in order to see how far along you are towards achieving your goals.

**Attainable**—Make sure your goal is not an impossible dream, but rather something you can reach. Plan your steps wisely and establish a time frame.

**Realistic**—Start small and be flexible. Setting exclusion goals such as “never eating sweets again” is not realistic if these are foods you really enjoy. A more realistic goal would be to decide on a “SMART” goal for moderating your amount of consumption

**Timely**—Decide on a point in time regarding when you expect to achieve your goal. When you don't set a time limit, there is no urgency for you to reach your goals and you will be more likely to put it off.

### Example of a SMART goal

**Goal: Increase water intake to 2 liters per day.**

**How I will do it:**

1. Decide on how much water I will consume to start with and by how much I will increase it every day.
2. Carry the amount of water I would like to consume in an easy to carry container.

**How I will measure it:**

1. In a container that displaying measures
2. Set Reminders throughout the day to alert me of how much water I should have drank by that time of the day.

**When I want to achieve it: 3 weeks**

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## So I've Achieved My Goal...Now What?

Once you have made your goal a habit, it will be easier to maintain it. Don't get discouraged by minor slip ups along the way. Remember that living healthy is a lifestyle change and such changes take time. The best way to maintain your new goal accomplishment is to encourage yourself to stay on track. For example, you can periodically reward yourself with things that are not food related. You can also try and find a friend who is willing to take on the challenge with you. Maintaining such goals are easier when you don't have to do it alone.

Whatever you decide to do, don't give up! There may be some bad days mixed in with the good, but don't let that derail you from continuing on the path to a healthy lifestyle.



For more information on nutrition education and classes, please contact Priscilla Hammond at (979) 823-0129

# Stir Fry Vegetables and Beef

## What you need:

### Utensils:

- Small mixing bowl
- Large frying pan
- Spatula
- Cutting board and sharp knife

### Ingredients:

- ½ teaspoon ground ginger
- ⅛ teaspoon garlic powder
- 1 tablespoon low sodium soy sauce
- ⅓ cup water
- 1 cup sliced carrots
- 2 cups broccoli
- 1 chopped bell pepper
- 1 chopped onion
- 1 package fresh mushrooms, sliced
- 2 tablespoons oil
- 8 ounces sliced, lean beef

## What to do:

1. Wash hands and any cooking surface.
2. Mix spices, soy sauce and water; set aside.
3. Wash vegetables. Slice carrots, broccoli and mushrooms. Chop onions and bell peppers.
4. Heat oil in large frying pan and add meat when oil is hot; stir until brown.
5. Add mushrooms and broccoli. Cook until they are tender.
6. Add liquid mixture and cook until bubbly.
7. Reduce heat, cover pan and cook for two more minutes.
8. Serve over whole wheat pasta or brown rice.

**Cook Time:** 20 minutes

**Prep Time:** 10 minutes

**Cost per serving:** \$1.05

## Nutrition Facts

Serving Size 2 ounces of beef, 1 cup cooked vegetables  
Servings Per Container 4

Amount Per Serving

**Calories** 240    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 12g    **18%**

**Saturated Fat** 2g    **10%**

**Trans Fat** 0g

**Cholesterol** 60mg    **20%**

**Sodium** 190mg    **8%**

**Total Carbohydrate** 12g    **4%**

**Dietary Fiber** 3g    **12%**

**Sugars** 5g

**Protein** 23g

**Vitamin A** 110%    • **Vitamin C** 120%

**Calcium** 4%    • **Iron** 15%

## MyPlate:

2 ounces Meat & Beans,  
1 cup vegetable

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