



Better Living for Texans

September 2016

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Healthy Eating Habits for the Whole

When it comes to making healthy habits, it's always easier when you have support. That's what making sharing meals as a family so important. Making healthy eating habits a joint effort and you'll be surprised how much easier it will be to adapt or maintain a healthy eating pattern.

Eat breakfast

This may seem like an obvious idea, but it's a practice people often ignore. Make it a point for everyone to start their day with a balanced breakfast of lean protein, whole grains, and fresh or frozen fruits and vegetables to help keep active, energized and focused. Choose foods that can be easy for on the go travel like homemade breakfast sandwiches or a quick breakfast parfait. This will help eliminate the desire to skip it due to time limitations. This healthy start will also make it easier to make healthy decisions throughout the day.

Make family meal prep a family habit

Choose a day in the week that you can commit to planning and prepping your meals ahead of time to eliminate the stress of not knowing what to eat midweek. Making batches of a lean protein like chicken or lean beef and pre cutting veggies can be a real time saver for those days when you don't have time or are just not up to preparing a meal. Slow cookers are also great way to save more time for family time. Keep low sodium seasonings, herbs, citrus like limes or lemons on hand for a healthy punch of flavor. Take the guesswork out of making healthy choices by always being prepared.

Moderation and alternatives over restriction

If you and your family have unhealthy habits you need to break, learn to gradually minimize your exposure to it rather than attempting to eliminate it out right. This can lead to a binge. Try making the habit harder to attain by keeping it out of the house and enjoying it only on an intentional occasion. Having healthy alternatives readily available can make this transition easier. For example, place fresh cut fruits and veggies in easy to reach places in your refrigerator. If you do have unhealthy choices at home, place them in an area that is difficult to attain or would take more effort to get to.

Focus on quality time with loved ones

These choices should make life more enjoyable and the shortcuts will give you time to spend with those you care about most. Make the process as well as the results something fun for everyone.



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For more information on Better Living for Texans programs, please contact Priscilla Hammond at (979) 823 0129

Meatloaf



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Serving Size: 1/6 loaf

Servings per container: 6 slices

Ingredients

- 1 pound ground beef
- 1 can low-sodium cream style corn (about 15 ounces)
- 1/2 cup onion (diced)
- 1 teaspoon garlic (finely chopped)
- 1/2 cup water
- 1/2 cup cornmeal
- 2 tablespoons egg mix
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- nonstick cooking spray

Directions

1. Preheat oven to 375 degrees F.
2. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
3. Add corn, onions, and garlic to pan, and cook for an additional 10 minutes.
4. Add water, cornmeal, egg mix, salt, and pepper to the beef mixture. Stir well and cook for 15 minutes.
5. Use a large iron skillet or loaf pan. Spray pan with nonstick cooking spray. Form beef and cornmeal mixture into a loaf in a pan.
6. Cover pan with an oven-safe lid or foil and bake for 35 to 40 minutes.

Nutrients	Amount
Calories	292
Total Fat	14 g
Saturated Fat	5 g
Cholesterol	104 mg
Sodium	262 mg
Total Carbohydrate	26 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	18 g

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