BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

December 2017 Newsletter

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!

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
This institution is an equal opportunity provider.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

December 2017 Newsletter

Local Events

12/1: Walk and Talk Rally at Clark Elementary School
12/4: Fresh Start at Larga Vista Head Start
12/5: Walk and Talk at Border Region
12/5: Healthy Cooking presentation at Ernesto J. Salinas Community Center
12/6: Fresh Start at Rio Bravo Community Center
12/6: Fresh Start at Larga Vista Head Start
12/6: Eat Smart Live Strong at Ladrillito Activity Center
12/11-12/14: Navigating for Success for Better Living for Texans
12/12: Fresh Start at Larga Vista Community Center
12/13: Fresh Start at Rio Bravo Community Center
12/15: Walk and Talk at Border Region
12/15: Fresh Start at Larga Vista Head Start
12/18: Fresh Start at Larga Vista Head Start
12/19 Walk and Talk at Border Region
12/19: Fresh Start at Larga Vista Community Center
12/20: Fresh Start at Rio Bravo Community Center
12/25: Holiday
12/26: Fresh Start at Larga Vista Community Center
12/27: Fresh Start at Rio Bravo Community Center

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
This institution is an equal opportunity provider.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

December 2017 Newsletter

Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

Mediterranean Chicken and White Bean Salad

Makes: 4 servings (1 cup per serving)

Ingredients:

1 cup skinless cooked chicken (diced into 1/2 inch pieces)
1 can 15.5 ounce low-sodium white beans (drained and rinsed with cold water)
1 cucumber (peeled and diced into 1/2 inch pieces)
1/4 red or white onion (peeled and chopped into 1/2 inch pieces)
2 tablespoons vegetable oil
1/4 cup lemon juice
1 tablespoon dried basil or parsley leaves
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions:

1. Put everything in the bowl and gently toss.
2. Serve right away, or cover and refrigerate up to 2 days.

297 Calories, 11g Fat, 20g Protein, 2g Saturated Fat, 31g Carbohydrates, 8g Dietary Fiber, 288 mg Sodium

Very Berry Smoothie

Makes: 2 servings

Ingredients:

1 cup frozen strawberries
1 cup frozen raspberries
1 cup pineapple chunks
1 banana
1 cup skim milk (or almond milk)
1 1/2 cups ice

Directions:

1. Peel and slice the banana
2. Gather all ingredients and combine in a blender.
3. Cover and blend until smooth.
4. Serve right away or pour into ice cube trays and freeze. During the week, pop out the cubes for a quick on-the-go breakfast.

Notes:

Add an additional food group to your smoothie by adding 1 cup of spinach or kale.

252 Calories, 1g Total Fat, 0g Saturated Fat, 59g Total Carbohydrates, 13g Dietary Fiber, 848 mg Potassium, 215 mg Calcium, 56 mg Sodium

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.
This institution is an equal opportunity provider.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.