



Extension Nutrition Programs

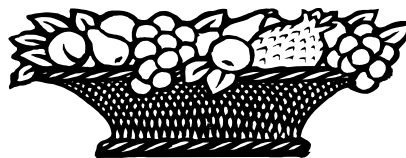
FSNEP/EFNEP

This year try a New Year's Resolution that will work:

Live It, Don't Diet!

- As the holiday season winds down and the New Year begins, many of us feel the need to come up with New Year's resolutions to deal with the extra pounds we gained and the lack of energy we feel.
- First of all, healthy bodies DO come in all shapes and sizes.
- Getting regular physical activity and eating a variety of foods are important for maintaining a healthy body.
- Small lifestyle changes can make a difference in a person's health. Small changes such as switching from whole to 1% milk or taking the stairs instead of the elevator add up and are easy to accomplish.
- It is not necessary to avoid some foods completely if you want to be healthy. All foods fit into a healthy diet; it is important to pay attention to serving sizes.
- Fat is the most concentrated source of calories in food. Sugar provides calories without providing other nutrients.
- If a weight loss product sounds too good to be true, it probably is!

First, resolve to feel good about yourself. Choose a few simple changes such as those mentioned in this newsletter, and do only as much as you can handle.



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Give Me One Good Reason...

We can all think of excuses why we can't seem to get it together when it comes to exercising. Do these excuses sound familiar? How about another New Year's Resolution to stop making excuses!

AFTER a hard day, who has the energy to exercise? Don't leave this until the end of the day. Try to fit in small amounts during the day for an energy boost.

I can't stay motivated. Find an exercise buddy and help each other maintain enthusiasm.

I'm too old or not fit enough to work out. You can start at any age and from any fitness level. Walk for five minutes each day and slowly build your exercise routine. Check with your doctor first if you have concerns.

TRY THIS!

Before reaching for a snack, ask yourself, "Am I really hungry or just bored?"

Don't cut out the foods you love. Try eating smaller portions or serving them on smaller plates.

Make food choices lower in fat such as baking or broiling your foods instead of frying, or try mustard on your sandwich instead of mayonnaise.

Get your body moving... dance doing the dishes, or walk your kids to school or to the park. The idea is to energize your body through exercise.

Fast-food Fat Match Game

How much fat do you think is in each of the following fast-food items? Draw a line from the fast-food item to the quantity of fat you think it contains, then check your answers below:

- | | |
|-------------------------|-------------------|
| A. Fried fish sandwich | (10 grams of fat) |
| B. Large order of fries | (14 grams of fat) |
| C. Small cheeseburger | (22 grams of fat) |
| D. Double cheeseburger | (29 grams of fat) |
| E. Small hamburger | (30 grams of fat) |
| F. Taco salad | (52 grams of fat) |

(Answer Key: A. 29, B. 22, C. 14, D. 30, E. 10, F. 52)