January 1, 2020

January 1st is typically the time for everyone to make their resolutions—most resolutions center around committing to being healthier, whether it be eating healthier or exercising more.

Whatever your Resolutions are for the year, Lisa Franzen-Castle, RD, PhD, Nutrition Specialist offers the following tips to make your Resolutions last:

1. Make them measurable by setting criteria so you know when you have reached your goal.
2. Break up your large goal into smaller goals.
3. Make sure your goals are realistic and set a date for reaching them.
4. Stay motivated by rewarding yourself with healthy items when reaching mini goals.

Source: [https://food.unl.edu/documents/January_NewYearsResolutions_Webleter_12_21_12.pdf](https://food.unl.edu/documents/January_NewYearsResolutions_Webleter_12_21_12.pdf)

"The secret of getting ahead is getting started".
- Mark Twain
January 6th—National Bean Day

Beans are a mature form of legumes and can be considered as a vegetable and as a protein; however when eating them, consider them in only one of the food groups. For example, if you are a vegetarian or are having a meal without meat; you can consider them as a protein.

1 oz of protein = 1/4 cup of cooked beans
1 Cup of vegetable = 1 Cup whole or mashed cooked dry beans
Based on a 2000 calorie per day diet; it is recommended to eat 2 1/2 cups of vegetables per day, eating a variety of vegetables. In order to achieve a variety, it is recommended to eat 1 1/2 cups of beans per week. It is recommended to eat 5 - 6 1/2 ounces per day of protein.

Beans can be purchased dry, canned, or frozen and provide dietary fiber, folate, potassium, iron, zinc, thiamin, magnesium, phosphorus, and protein.

Examples of common beans include kidney, pinto, lima, lentils, white beans, black beans, and garbanzo beans (chickpeas).

Resources

https://www.choosemyplate.gov/eathealthy/vegetables/vegetables-beans-and-peas

American Dairy Association Indiana
January 29th

National Puzzle Day

An unofficial holiday with the goal of having fun and enjoying the benefits that puzzles provide.

Some benefits include: improved memory and concentration.

Crosswords, Jigaws, Sudoku, puzzles, word searches all engage our brain.

Word Search Bank

COMMITMENT

CONCENTRATION

EXERCISE

FIBER

GARBANZO

GOALS

HEALTHIER

LEGUMES

LENTILS

MEASURABLE

MOTIVATION

NUTRIENTS

REWARDS

VEGETABLES

VEGETARIAN

WORD SEARCH

R M E K A R N C Z S G S G S
Z U O M G E R O Y L M T F A E
K F I T W X G I I N T R R M
I C I A I K X T X E N G E B U
I I R B K V N A I E W M I A G
F D Y U E E A R M K U V H N E
S O H H L R T T F H M E T Z L
W D R Y L U I N I M P G L O R
G L X D N M X E V O A E A P L
J Z B H M S N C T N N T E K U
O O G O A L S N Y O K A H X N
U Q C J U I G O E T U R T Z O
U I K E X E R C I S E I W O J
S E L B A T E G E V U A V L W
M E A S U R A B L E Q N D F R

Crossword

Across

2. A loss or gain of this can be a problem

4. Milk containing no fat

6. Great for keeping bones strong

Down

1. A decision to do or not to do something

3. Helps strengthen bones

5. Contains a good source of calcium

Answer key

Across: 2. weight, 4. skim, 6. calcium,
January 19-25 > Healthy Weight Week

Weight loss is just as important as weight gain. It is important to maintain a weight that is healthy for you.

Unintentional weight loss may indicate a health problem or you may not be eating enough calories to fuel your body.

Significant weight loss may also lead to loss of muscle mass which could also lead to increased risk of falls.

Being overweight or obese increases your risk for health conditions such as high blood pressure, heart disease, certain cancers, and Type 2 diabetes.

Have a weight concern: consult your doctor or speak with a Registered Dietitian.

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