



NORTH  
DAKOTA

# FNP News

*Family  
Nutrition  
Program*

#167

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# Small Steps to Better Health

Making changes in our diet or daily activities can seem kind of hard. After all, most of us are used to doing certain things in a certain way.

Trying to change many things at the same time can be frustrating. Making *small changes* over time can lead to big improvements in our health.

Just try one or two nutrition or fitness changes a month. Before you know it, you'll have a healthy habit! **Below are some "small steps" to consider.**

**Set a goal or two for the month.  
Hang this on your refrigerator  
as a reminder!**

*My goals:*

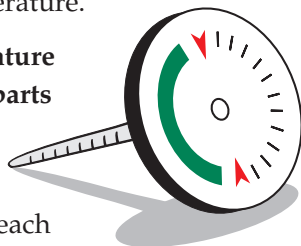
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| <i>Put a check mark by the things you already do<br/>or the things you'd consider trying</i>        | Things I<br>already do | Ideas I'd<br>consider<br>trying |
|---|------------------------|---------------------------------|
| 1. Pack nutritious snacks or meals for work or school   |                        |                                 |
| 2. Change TV channel manually or turn TV off for the day  |                        |                                 |
| 3. Read, compare Nutrition Facts labels before buying foods   |                        |                                 |
| 4. Take 30-minute walk five times a week  |                        |                                 |
| 5. Try fruit I've never tasted  |                        |                                 |
| 6. Bring container of ice water instead of soda pop to school or work                               |                        |                                 |
| 7. Choose toys for kids, grandkids, myself that promote physical activity (balls, jump ropes, etc.) |                        |                                 |
| 8. Enjoy low-fat milk with every meal   |                        |                                 |
| 9. Leave salt shaker in cupboard  |                        |                                 |
| 10. Enjoy five to nine servings of fruits and vegetables daily                                      |                        |                                 |
| 11. Drain and discard fat from cooked meat  |                        |                                 |
| 12. Turn on music and dance   |                        |                                 |
| 13. Keep fresh fruits and vegetables washed, cut up, refrigerated and ready to eat                  |                        |                                 |
| 14. Use stairs instead of elevators   |                        |                                 |
| 15. Try a vegetable I haven't tasted  |                        |                                 |
| 16. Enjoy at least three servings of whole-grain foods daily  |                        |                                 |
| 17. Take my dog, neighbor's dog or neighbor for a walk  |                        |                                 |
| 18. My own idea . . .   |                        |                                 |

## I just bought a 12-pound turkey for Thanksgiving dinner. Is the “pop up” thermometer that came in my turkey a good way to tell when it’s done?

Sometimes the thermometer pops up before the turkey has reached a safe internal temperature.

**Double-checking the temperature of the turkey in the thickest parts with a food thermometer is a good idea.**



A whole roasted turkey should reach an internal temperature of at least 180 F. Allow about three hours in a 325 F oven to roast an unstuffed, thawed 8- to 12-pound turkey.

## How long is it safe to keep perishable leftovers such as gravy and meat in the refrigerator?

Use leftovers within three days, or freeze in meal-size containers for longer storage. Be sure to refrigerate leftovers in shallow containers within two hours of cooking. Reheat gravy to a boil before serving.



*Pumpkin pie is a tasty treat, but the crust is quite high in fat. Here’s a lower-fat dessert that’s easy to make. Kids like it, too.*

## Pumpkin Dessert

- ½ c. brown sugar
- ½ c. white sugar
- 4 eggs
- 1 15-oz. can plain pumpkin
- 1 cup (8 oz) Carnation evaporated skim milk
- ¼ tsp. salt
- ¼ tsp. cloves
- ¼ tsp. nutmeg
- 1 tsp. cinnamon
- ¼ tsp. ginger



Preheat oven to 350 F. Mix the sugars in a bowl. Add eggs one at a time; beat after each one. Add remaining ingredients and mix well. Pour into 9- x 13-inch pan. Bake for 25 to 30 minutes or until a toothpick comes out clean. Refrigerate after serving

*Makes 12 servings. Each serving has 110 calories, 2 grams fat, 19 grams carbohydrate and 1 gram fiber.*

**Call for more information on foods and nutrition or managing your food dollar**



*Gayle Gette*  
**Gayle Gette**

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