



NORTH
DAKOTA

FNP News

Family
Nutrition
Program

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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:

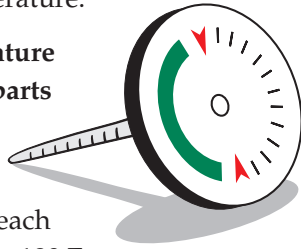
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<i>Put a check mark by the things you already do or the things you'd consider trying</i>	Things I already do	Ideas I'd consider trying
1. Pack nutritious snacks or meals for work or school		
2. Change TV channel manually or turn TV off for the day		
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.