



**MyPyramid.gov**  
STEPS TO A HEALTHIER YOU

Taking steps  
to stay healthy  
is important  
for all of us.

No matter  
our age,  
to  
“Eat Smart”  
and  
“Play Hard”  
is important!

Take some  
small steps  
toward better  
health during  
**March,  
National  
Nutrition  
Month.**<sup>®</sup>

*Here are some ideas to try that may improve your health over time:*

- Color in the boxes of the things you already do.
- ~ Cross out the ideas that don't apply or are not possible for you to do.
- ✕ Mark with an “X” some ideas you plan to try. Practice them, then set some new goals!

## ▼ Eat Smart

- Use vegetable oils instead of solid fats.
- Have fat-free or low-fat milk instead of whole milk.
- Try baking, steaming or grilling food instead of frying.
- Avoid skipping meals.
- Eat half your dessert.
- Keep to regular eating schedules.
- Eat family meals more often.
- Use nonfat or low-fat sour cream, sauces, dressings and other condiments.
- Eat breakfast.
- Avoid eating late at night.
- Add extra vegetables to your sandwich.
- Use smaller plates for meals.
- Have fruit for dessert.
- Drink lots of water.
- Buy 100 percent fruit juices instead of soda pop.

For more information about nutrition and health, visit [www.ag.ndsu.nodak.edu/food.htm](http://www.ag.ndsu.nodak.edu/food.htm).

## ▼ Play Hard

- Exercise with a video or DVD if the weather is bad.
- Schedule time in your day for physical activity.
- Dance to music.
- Walk to work.
- If you find being active is difficult after work, try it before work.
- Keep a comfortable pair of walking shoes in your car.
- Stretch before bed to give yourself more energy when you awake.
- Take a walk or do desk exercises instead of taking a coffee break.
- Walk to a co-worker's desk instead of e-mailing or calling the person.
- In winter, use a snow shovel instead of a snow blower.
- Buy a set of hand weights and play a round of “Simon Says” with your kids or grandkids; you do the activity with weights and they do without.
- Park farther from your destination and walk.
- Take stairs instead of the elevator.
- Explore new physical activities, such as yoga or pilates.
- Play with your kids or grandkids 30 minutes per day.

## My grandson has food allergies to wheat and eggs. How can I tell if the food we buy is safe for him to eat?

Read food package labels carefully. As of January 2006, the Food and Drug Administration requires labeling of foods that contain any of these eight common allergenic ingredients: milk, eggs, fish, shellfish (such as shrimp), tree nuts, peanuts, wheat or soybeans. The labeling must say "contains" followed by the source of the food allergen.



## We enjoy eating out. Do you have tips to avoid overeating and gaining weight?

Since restaurant portions are often large, check if they offer smaller portions (at lower prices, too).

Ask your server to put half your entrée in a to-go box before you are served

Consider having an appetizer or side dish instead of a full meal.

To control calories, ask for salad dressing "on the side."

## Easy Supper Casserole

- 2 lb. lean ground beef
- 1 onion, chopped
- 1 c. uncooked macaroni
- 2 c. tomato juice
- 1 (15.5-oz.) can chili beans
- 1 tsp. crushed oregano
- 2 tsp. chili powder
- 1 tsp. salt (or to taste)
- ¼ tsp. pepper
- 1 c. grated cheddar cheese

Brown ground beef in large frying pan or electric skillet; drain fat.



Add chopped onion to ground beef; cook until onion is clear. Turn heat down; add macaroni, juice, beans and spices. Stir well. Cover pan and simmer mixture for 20 minutes. (If you uncover the pan more than twice to check and stir, add additional tomato juice.) Remove pan from heat, stir and sprinkle grated cheese on top of mixture. Cover and let stand until cheese melts.

*Makes six servings. Each serving has 269 calories, 31 g carbohydrate, 8 g fat and 4.5 g fiber.*

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Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

