

SHAPE UP FOR SPRING

During the spring, we may feel like refreshing our home by cleaning and organizing closets. Maybe we should do a diet and physical activity checkup to find out if our lifestyle needs to be refreshed. Eating a healthful diet and being more active can help lower your risk for heart disease, cancer and diabetes. You can have fun and feel more energetic in the process!

Track Your Eating Habits

- **For a couple days as a starting point, write down what and how much you eat and drink.** Use a journal, log your intake on your calendar, keep track on your phone, or use an online tool such as SuperTracker at www.choosemyplate.gov. Don't forget to include beverages, sauces, spreads and sides. It all counts.
 - **Diet checkup:** Are you missing any food groups? Many people are short of fruits and vegetables in the diet. Adults should aim for 4½ cups of colorful fruits and vegetables each day.

Try These Tips to Eat More Fruits and Vegetables

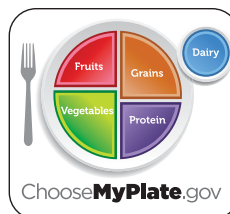
- ☐ Plan some meals around a vegetable main dish, such as a stir-fry or soup.
- ☐ Include a green salad with your dinner every night.
- ☐ Make a fruit smoothie for breakfast or a snack.
- ☐ Pack a clementine, banana or grapes in your lunch.

Track Your Activity

- **For one week, write down the physical activities you do.** Log each activity that you do for at least 10 minutes at a time. Use SuperTracker, a phone app or a journal, or mark a calendar.
 - **Physical activity checkup:** Are you getting at least 30 minutes of physical activity on five or more days of the week?

Try These Tips to Stay Active

- ☐ **Set some “exercise dates”** and write your plans on a calendar. Check off the activity after you do it.
- ☐ **Plant a garden** in your backyard or in a community garden. Raking, planting, pulling weeds and harvesting all count as physical activity.
- ☐ **Check out community classes.** Does your community have a “fun walk” or “fun run”? Pull together a team and train together.
- ☐ **Take regular breaks from technology.** Turn off the TV and computer, and put away phones and other devices. Go outside and enjoy a park or walking path.



Visit www.choosemyplate.gov for more tips to increase fruits, vegetables or other food groups and more ideas to be active.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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For a springtime pick-me-up, quench your thirst with a nutrient-rich green smoothie made with seasonal produce. Spinach is an excellent source of fiber and beta carotene, which our body uses to make vitamin A. Mangos are tropical fruits and an excellent source of vitamins C and A, and fiber. We need vitamin A for healthy skin and eyes, and vitamin C to help wounds and cuts heal.

Pineapple-Mango Green Smoothie

- 8 ice cubes
- 1 c. canned pineapple in juice, diced
- 1 large mango, diced*
- 2 c. fresh spinach leaves
- ½ c. pineapple juice
- ½ tsp. coconut extract, if desired

* If mangos are not available, substitute one banana, cut into chunks, or 1 cup mandarin oranges canned in juice, drained.

Place ingredients in blender in same order as written. Blend until smooth.

Makes four servings. Each serving has about 80 calories, 0 grams (g) fat, 21 g carbohydrate, 2 g fiber, 1 g protein and 15 milligrams sodium.

Hungry for More?

Visit www.ndsu.edu/food/videos/mango-bean-burritos to watch a video showing how to cut a mango and make some mango-bean burritos.



I was cleaning my refrigerator and I noticed some food that has been in there for a while. How long can I keep ground beef, eggs and leftovers? How about mayonnaise?

For best quality and for safety, use perishable foods within several days or freeze. Uncooked eggs in their shells last for three to five weeks, while separated egg yolks or whites should be used within four days. Use leftover casseroles within four days and deli meat within five days. Use opened, refrigerated mayonnaise within two months.

Be sure your refrigerator and freezer keep your food at a safe temperature. Use a refrigerator thermometer to check if your refrigerator is maintaining the temperature of your food at 40 F or below. Your freezer should be set at 0 F and should maintain the foods solidly frozen.

◆ FoodWi\$e Tip of the Month ◆

Enjoy produce in season for best quality and best price.

Here are some of the fresh fruits and vegetables in season in the spring:

| | | |
|------------|-----------|--------------|
| asparagus | mangos | snap peas |
| artichokes | onions | spinach |
| broccoli | pineapple | strawberries |
| lettuce | rhubarb | turnips |

Just for Fun

What kind of flower grows on your face?

Tulips! (Two lips)



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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.

