



Here's to Good Health in the New Year

Many people set goals for the New Year. Maybe you want to lose weight or get your finances in order. Making lifestyle changes can be challenging. Be sure to focus on simple steps so you have better chances for success.

Here is an example of the 1-3-5 method of goal setting, which you can personalize to fit your situation. Set a single, specific goal, write it down and tape it on your refrigerator or bathroom mirror as a reminder.

Work on your goal one step at a time. Even better: Find a "buddy" with a similar goal and encourage each other toward better health.



An Example of the 1-3-5 Method

✓ Set 1 goal at a time.

- "I want to lose 10 pounds by ____." (Add date about two months away for a 1- to 2-pound weekly weight loss.)

✓ List 3 reasons why you want to achieve this goal.

- "I want to reduce my risk of diabetes."
- "I want to be able to keep up with my grandkids."
- "I want to fit in my clothes better."

✓ List 5 strategies you'll use to achieve this goal.

- "I will have a protein-containing breakfast every day."
- "I will eat at least 4½ cups of fruits and vegetables per day."
- "I will go for daily walks with my dog."
- "I will keep an activity/food journal to track my progress."
- "I will set weekly goals for myself and reward myself with a nonfood item when I achieve them."

To try the
1, 3, 5 method
for your own
goal, fill out
the worksheet
on the back.

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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1, 3, 5 Goal Setting

Your goal: _____

Your three reasons:

1. _____

2. _____

3. _____

Your five strategies:

1. _____

2. _____

3. _____

4. _____

5. _____

Do you need help with your nutrition and physical activity goals? SuperTracker is a free online tool where you can:

- Get your personalized nutrition and physical activity plan
- Track your foods and physical activities to see how they stack up
- Get tips and support to help you make healthier choices and plan ahead

Find out more at www.supertracker.usda.gov/.



Protein-packed Breakfast Burrito

- 1 egg and 2 egg whites (or 2 whole eggs)
- ¼ c. canned black beans, drained and rinsed
- ¼ c. green bell pepper
- Nonstick cooking spray
- 1 (6-inch) whole-wheat tortilla
- 2 Tbsp. shredded low-fat cheddar cheese (optional)
- 2 Tbsp. salsa (optional)



Mix the eggs with a fork or beater. Add beans and peppers. Spray a nonstick pan with cooking spray, or use a small amount of butter. Cook until egg mixture is set. Fill tortilla with egg mixture and top with salsa and cheese if desired.

Cooking tips: If you prefer, you can saute the peppers for a minute or two prior to adding the eggs and beans. If you roll/fold your burrito, microwaving the tortilla for 10 seconds makes it fold more easily.

Time-saving tip: Pre-make burritos and freeze. When needed, microwave and enjoy.

Money-saving tip: If you use some egg whites instead of whole eggs, save the uncooked egg yolks for future use. Pour into an airtight container and add a pinch of salt or 1½ tsp. sugar for every four yolks. Label and place in the freezer until needed. The egg yolks can be used in meatballs or meatloaf to “bind” the ingredients.

Makes one serving. Each serving has 290 calories, 7 grams (g) fat, 19 g protein, 36 g carbohydrate, 6 g fiber and 350 milligrams sodium.

For more recipes, see www.ag.ndsu.edu/food (click on recipes).

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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.

