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FELIZ AÑO NUEVO KIA HARI TE TAU HOU

www.ag.ndsu.edu/foodwise

FELICE ANNO NUOVO HAPPY NEW YEAR  
FELIZ AÑO NUEVO كل عام وانتم بخير  
HAUOLI MAKAAHIKI HOU С Новым Годом SELAMAT TAHUN BARU

# Try These Tips to Stay Healthy and Save Money in 2017

As we start a new year, many of us set goals. We might want to strengthen our muscles and heart with a more healthful diet and more physical activity. We might want to lose some weight. Maybe we want to save more money for the long term.

## These are some ideas to consider.

### Plan Your Meals a Week (or More) at a Time

Eating at home more often can save money and provide more healthful options for you and your family. Plan your menus so you are ready to assemble meals.

- **Map out your meals at least a week at a time.** Write them on a calendar, note pad or whatever way works for you.
- **Use the sales fliers to help you plan your meals based on seasonal produce and sales on protein foods.**
- **Balance your plate with a variety of foods.**
  - Fill half of your plate with colorful fruits and vegetables.
  - Fill one-fourth of your plate with protein-rich foods (meat, fish, poultry, cooked beans or lentils, etc.).
  - Fill one-fourth of your plate with grains (especially whole grains).
  - Add a serving of dairy or other calcium-rich food to complete your meal.
  - Visit [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) and click on “meal preparation” for more meal-planning tips and hundreds of recipes.

### Save Money on Food

Use money-saving strategies at the grocery store. Sometimes coupons are available as peel-off stickers on the packages, on receipts or in bins at the store entry. However, buy foods that you and your family will eat.

- **Shop with a grocery list and stick with your list.** Keep a running list on your refrigerator, phone or place that is handy for you.
- **Look for coupons in sales ads at the grocery store, in newspaper inserts or online.** Be sure to check if your grocery store accepts all forms of coupons to avoid disappointment at the cash register.
- **Watch your mailbox for coupon packets.**
- **Swap coupons with a friend.**
- **Combine coupons with sale items when possible to maximize your savings.**
- **Keep your coupons organized** in a way that works for you. Some people use a three-ring binder, an accordion-style organizer or a recipe box.

### Work Physical Activity Into Your Day

Physical activity helps keep your heart, muscles and brain healthy. Aim to fit in at least 30 minutes of moderate physical activity on most days of the week with these tips:

- **Make appointments to exercise on your calendar.**
- **Do at least 10 minutes of activity at a time, such as walking during a break at work.**
- **Mix up your physical activity.** Explore the options in your community for physical activity. Maybe you have a walking club, exercise classes or dance classes available. Have fun exercising!
- **Make TV time active time.**
  - Walk in place.
  - Get an exercise DVD to follow.



Here's a fun snack or meal recipe courtesy of the Midwest Dairy Council. Besides the nutrition information listed, a serving provides 25 percent of the daily calcium.

# Pizza Dip

- 1 (6-ounce) package light cream cheese
- ½ c. light sour cream
- 1 tsp. oregano
- ½ c. pizza sauce
- 1 c. shredded low-moisture, part-skim mozzarella cheese
- ½ c. grated Parmesan cheese
- ¼ c. diced red peppers
- ¼ c. sliced green onions
- Whole-wheat breadsticks or crackers

Combine cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a small pie plate or 8- by 8-inch square pan. Top with pizza sauce, cheeses, peppers and onions. Bake at 350 F for 15 minutes or until cheese is melted. Serve warm with breadsticks or crackers.

*Makes five servings. Each serving has 210 calories, 13 grams (g) fat, 13 g protein, 10 g carbohydrates, 0 g fiber and 380 milligrams sodium.*



## Menu Idea

Broccoli Orange Salad\* • Pizza Dip

Whole-wheat breadsticks

Sliced apples with cinnamon

Low-fat or fat-free milk

\*Recipe available here:

[www.ag.ndsu.edu/food/recipes/vegetables/broccoli\\_orange\\_salad](http://www.ag.ndsu.edu/food/recipes/vegetables/broccoli_orange_salad)

## FoodWi\$e Tip of the Month

The NDSU Extension Service is launching a new program in January 2017 called **"The Family Table"** with challenges (and prizes!), Facebook messages, an e-newsletter and website. Visit [www.ag.ndsu.edu/familytable](http://www.ag.ndsu.edu/familytable) to sign up. Watch for events in your county, too.



better family communication and many other benefits. Please join us and challenge your family in 2017 to spend more time eating together.

Why promote family mealtimes? Eating together as a family at least three times per week is linked with a more nutritious diet, healthy weight, better school performance, less risky behavior (alcohol, drug use) among teens,



## Just for Fun

What did one snowman say to the other?

I smell carrots!

Julie Garden-Robinson, Food and Nutrition Specialist

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

