

## Take Small Steps to Better Health This Summer

Summer's here! With warmer weather and fresh vegetables from local gardens, we can take steps to healthier habits.



Try this activity. Read the tips and place an X in the column of your answer.  
 Look at the items in the third column, and set one or two goals.  
 Some experts say changing a habit takes at least three weeks.



Attach this to your refrigerator as a reminder. Check your progress, celebrate your successes, and then set new goals.

Health Tip	This won't work for me (or doesn't apply)	I already do this	I will try this for at least three weeks. (List start date)
Drink water before a meal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Walk instead of driving whenever you can.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Avoid food portions larger than your fist.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Eat off smaller plates.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Keep a pair of comfortable walking or running shoes in your car or at work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Use fat-free milk instead of whole milk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Get 30 minutes of physical activity (such as walking) on five or more days of the week.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Choose fruit for dessert.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Flavor foods with herbs, spices and other low-sodium seasonings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Snack on fruits and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Top your favorite cereal with apples or bananas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Try a green salad instead of fries or chips.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
Try a new fruit or vegetable (ever had jicama, plantain, bok choy, starfruit or papaya?)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> __/__/__
(List your own goal here)			<input type="checkbox"/> __/__/__

Source: Tips adapted from [www.smallstep.gov](http://www.smallstep.gov)

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.

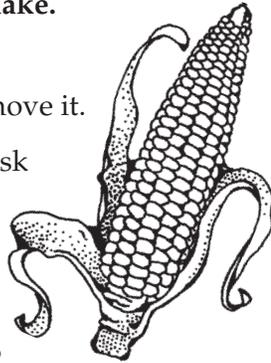
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I want to try grilling corn on the cob, but I am not sure how to do it. Can you help?

Grilled corn is tasty and easy to make.

Here's how:

- Peel back the husk, but don't remove it.
- Remove the silk and close the husk around the ear of corn.
- Submerge the corn in water for about 15 minutes.
- While the corn is soaking, fire up the grill.
- Remove the corn from the water and shake out any excess water. If you want to season the corn before cooking, you can pull back the husk and add your favorite seasonings.
- If using a charcoal grill, turn the corn every 10 to 15 minutes. For gas grills, keep the heat on medium-high and turn every five minutes. Corn usually takes about 30 minutes to cook.
- When done, use tongs to remove the corn from the grill, and let it stand for about five minutes. Carefully remove the charred husks. Serve.



## June is National Dairy Month

Enjoying more calcium-rich milk and other dairy products is good for your bones.

- Try a fruit smoothie made with nonfat yogurt.
- Top baked potatoes with low-fat shredded cheese, nonfat yogurt and chives.
- Have fruit or veggie dip made with nonfat yogurt.

## FRUIT DIP

2 c. fat-free plain yogurt

1 small package of vanilla-flavored instant pudding (sugar-free or regular)

1/3 c. fat-free milk (approximately)

Mix all ingredients, adding extra milk if necessary.

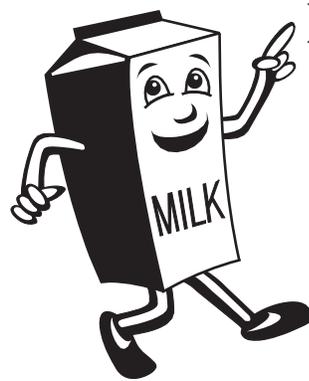
*Makes eight servings.*

*Per serving: 45 calories, 0 grams (g) fat, 210 milligrams (mg) sodium and 150 mg calcium*

## Best Fresh Produce Buys for June

Apricots	Grapes	Peaches
Beans	Lettuce	Plums
Blueberries	Melons	Radishes
Cherries	Oranges	Strawberries
Corn		Tomatoes

(Source: U.S. Department of Agriculture)



## Menu

Lettuce salad  
Grilled chicken  
Grilled corn on the cob  
Brown rice  
Strawberries with Fruit Dip  
Low-fat or fat-free milk

Julie Garden-Robinson, Food and Nutrition Specialist

### McKenzie and Williams Counties Family Nutrition Program

Please call for more information on nutrition, food purchasing or food safety.



*Heather Wisness*

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## Just for Fun

How do you make a milk shake?

*Give it a good scare!*