

Celebrate! *A Healthy You*

A newsletter devoted to helping individuals of every size live in a healthy body

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Set SMART Goals to Make Permanent Changes for Health

Making changes in lifestyle to improve health can be challenging. Current attitudes and behaviors have developed slowly and gradually over the years. Changing these beliefs and behaviors won't happen easily. Behavior change requires a conscious decision, planning and action.

As a busy person, this process may sound discouraging. It might help to remember that major lifestyle changes are often the long term result of small daily choices. Choices you make about daily routines and activities add up to a cumulative impact on health and wellness. For example, when you get to work in the morning, do you pick a parking spot as close to the entrance as possible? Or, do you choose one that takes a few more steps to get you in the door and adds just little more movement into your daily routine?



Changing eating and activity habits can have a great impact on health, if they are permanent, ones that you can stick with for life. For that reason, they require some thought,

and probably some experimentation. If you are not accustomed to eating more than two or three servings of fruits and vegetables a day, jumping up to the current recommended nine is going to be difficult if not impossible.

A better strategy is to set a SMART goal. SMART goals are:

- ◆ **Specific**, not vague and general. For example, instead of something very general like "I'm going to eat better," a more specific goal would be "I'm going to eat more whole grain foods."
- ◆ **Measurable**, so you know exactly what it will take to reach your goal. Taking the whole grain foods example above, let's revise it to "I'm going to eat at least one whole grain food every day." The goal is one and you will know when you have accomplished it.
- ◆ **Attainable**, it is in the realm of possibility, it is doable. Goals that are set too high are discouraging and result in guilt when they cannot be met. Think in terms of taking one small step at a time and build on your successes.

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◆ **Realistic and Relevant.**

Will a goal of eating one whole grain food be something you are likely to truly do? You may have to experiment a bit with a variety of whole grain foods to find ones you like (whole wheat bread, oatmeal, brown rice, for instance). This goal is also relevant if you do not currently eat many whole grain foods, and want the benefits of whole grains—more fiber, lower cholesterol, reduced risk of cancer and heart disease.

- ◆ **Time bound.** Without a time reference, the goal is too vague. Will you eat one whole grain food per week, month, year? For our example, let's say per day. We could get even more specific and decide the whole grain food would be eaten at breakfast.

Recognize that obstacles or barriers may crop up that could keep you from meeting your goal. Consider them ahead of time and develop a strategy for overcoming them.



Let's look at how we might do that with our whole grain example. How can we stay on track and eat a whole grain food when we are traveling and eating all meals in restaurants? Most restaurants that serve breakfast will have some whole grain options in cereals and bread or bagels for toast. Whole grain options at other meals may be a little more difficult, although

multi-grain rolls may be offered. Carrying snacks like granola bars or oatmeal cookies is an easy solution.

Some changes and goals may be pretty difficult to do alone. Who will support you and help you reach your goal? In our example, if you do not buy the food in your household, it will be difficult to meet the goal without the assistance of the person who does. Talk with them about your desire to eat more healthfully and ask them to purchase whole grain breakfast foods.



Another form of support is to keep track of your accomplishments. This can be done in many ways. Notes in a journal or diary, or stickers on a wall chart are two suggestions.



Some people like to set up a reward system for themselves. Be sure the rewards you choose are of value, are realistic for your circumstances, and bolster rather than undermine your overall goal to be more healthy. Some ideas for rewards are magazine—or time to read one, new shoelaces for walking shoes, movie rental—the possibilities are limited only by imagination and interest.

Consider setting your SMART goals today, and put yourself on the road to better health.



Timely Tip #11

Sane Snacking

Snacking can help us wait for an upcoming meal when we're hungry. Snacking is also an opportunity to fit in healthy foods that might otherwise be missing from daily eating, like fruits, vegetables, whole grains or dairy foods.

The problem with snacking is that traditional snack foods are often not very healthful choices, but rather chips, cookies or pastries.

Keep snacks sane with healthful choices close at hand. Easy to grab snacks include:

- ◆ fresh fruit, washed and in a bowl out where you will see it
- ◆ raw vegetables washed, trimmed and in a highly visible spot inside the refrigerator, NOT the vegetable crispener
- ◆ low-fat crackers and cookies, especially whole grain choices like graham crackers
- ◆ dried fruit or trail mix
- ◆ pudding cups, hot cocoa made with milk

*Readers are invited to send their Timely Tip to Linda Rellergert at the address on page 1. If we use your Tip, you'll receive a copy of the book *Intuitive Eating* by Evelyn Tribole and Elyse Resch.*

Stocking the Healthy Kitchen

Hectic schedules often squeeze out time for dinner. Stocking the kitchen with healthy quick-to-fix options makes it easy to get a nutritious meal on the table faster than a stop at a fast food restaurant.



Use the following list as a starting place for stocking your own kitchen. Choose the items that sound tasty to you and suit your family's preferences. Build up your stocks gradually over a few weeks to avoid breaking the food budget.

In next month's issue of Celebrate! we'll give you some suggestions for putting together quick, tasty meals from the healthy kitchen list.

Cupboard or Pantry

- Canned foods
 - fruit in juice
 - tomatoes
 - green chilies
 - water chestnuts
 - water-packed tuna
 - chicken
 - salmon
 - clams, shrimp
 - variety of beans
 - artichoke hearts
 - reduced sodium broth
 - evaporated skim milk
 - soups
 - spaghetti sauce
- Mixes like pancake, biscuit, cornbread, muffin; wholegrain whenever possible
- Pasta, different shapes, sizes
- Bulgur and rice, quick brown and white, seasoned mixes
- Potatoes, onions, garlic
- Sauces—soy, teriyaki, Worcestershire, hot
- Oils—canola, olive, sesame, cooking spray
- Vinegars—cider, tarragon, balsamic
- Honey and syrups
- Peanut butter
- Whole grain bread and crackers

- Whole wheat, French, pita bread
- White and whole wheat flour
- Herbs and spices—basil, cayenne, curry, chili powder, dill, garlic powder, ginger, oregano, rosemary, thyme, cinnamon, nutmeg, cloves

Freezer

- Plain frozen fruits, vegetables
- Juices
- Lean meat, poultry, fish
- Whole grain rolls, bagels, tortillas
- Pizza crusts
- Waffles
- Phyllo dough
- Frozen yogurt, ice cream

Refrigerator

- Fresh in-season fruits, vegetables
- Juices, especially lemon or lime
- Cheese—Parmesan, feta, mozzarella, other reduced fat versions
- Salad dressings, some lowfat
- Lowfat yogurt

- Skim or lowfat milk
- Powdered buttermilk
- Eggs
- Condiments—salsa, horseradish, mustards, ketchup, light mayonnaise
- Purchased pesto, sun-dried tomatoes, pre-chopped garlic, roasted red peppers
- Salsa, barbeque sauce

Activity Suggestions for February



Bring out all the unused fitness equipment in your basement and set up a fitness circuit. Spend 5 to 10 minutes on each piece of equipment, alternating with walking or jogging in place until you've made the complete fitness circuit.



Kick up your aerobic activity a notch to give your heart an extra boost. If you walk, include a hill in your route, or try jogging for a few minutes. If you do aerobic exercise, try a little faster-paced routine.

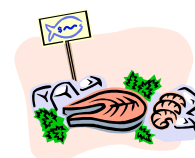
Menu of the Month

February celebrates the heart figuratively and literally. Valentine's Day is all about hearts and love while the entire month has been designated as a celebration of heart health. This month's menu puts the two together with a special heart healthy meal that would be perfect for a romantic candle lit dinner for two. The featured recipe, **Fish with Creamy Pesto Sauce**, can be easily doubled or tripled for other occasions, or allow you to share your Valentine celebration with others. Pasta tossed with a light coating of heart healthy olive oil plus phytochemical-rich broccoli make great companions to the fish. For a salad, purchase mixed spring greens and toss with a light vinegar and oil dressing that won't weigh down these delicate leaves. Finish the meal with your favorite chocolate dessert—chocolate covered strawberries would be perfect!



Fish with Creamy Pesto Sauce

6-7 oz. firm fleshed fish such as cod, grouper, halibut, orange roughy, salmon or snapper
 ¼ cup milk or chicken broth
 ¼ cup lowfat plain yogurt
 1 tablespoon light mayonnaise
 2 tablespoons prepared pesto sauce
 2 tablespoons Dijon mustard
 2 teaspoons lemon juice



Place fish in skillet. Pour milk or broth over fish. Combine yogurt, mayonnaise, pesto, mustard and lemon juice. Spoon over fish. Heat to a simmer. Cook until fish has begun to turn opaque, about 8 to 10 minutes. Drain any remaining milk or broth. Serve over pasta.

Makes 2 servings. Nutrition information per serving: 160 calories, 24g protein, 2g carbohydrate, 6g fat, 98mg calcium.



Words to Consider

“Think and feel yourself there! To achieve any aim in life, you need to project the end-result. Think of the elation, the satisfaction, the joy! Carrying the ecstatic feeling will bring the desired goal into view.” – Grace Speare

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.” –Michael Jordan

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.” – Jacob Rus

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