

New Horizon Foods Nutrition News

February 2016 Edition

Lifestyle Changes

Moving into the new year many people focus on making changes to work toward a healthier lifestyle. Making changes to your diet or exercise routine are great ways to work toward a healthier "YOU" in the new year!

The following tips can help you and your family successfully plan and achieve your goals:

- ☐ **Be specific.** When thinking about goals, be as exact as possible. People who set specific goals are more likely to succeed.
- ☐ **Put it in writing.** Write down exactly what you want to achieve and post it in a place where you will see it every



day. This will help remind you of what you're working toward. When you write, use positive terms. For example, instead of writing, "I will stop eating junk food" re-word your goal in more positive terms: "I will make healthy food choices."

- ☐ **Set realistic goals.** When you think about setting goals, make sure that they are within your reach. Be mindful of your finances, schedule, and other personal affairs.
- ☐ **Develop an action plan.** Create a timeline with steps toward your goal. Set deadlines for each step and cross them off as you go. Sometimes just crossing things off and watching your list get smaller can give you a sense of accomplishment and help you stay motivated.
- ☐ **Believe in yourself.** Stay positive about your progress. Share your goal with a friend and ask him to help keep your spirits up. To quote Henry Ford, "If you think you

can or you can't, you're right."

- ☐ **Be flexible.** Keep in mind that setbacks can happen. Don't get discouraged and give up. Try again! Your hard work will pay off!
- ☐ **Ask for help.** If you get stuck or need a little encouragement, don't be afraid to talk about it. You might be surprised what kind of support people offer.
- ☐ **Reward yourself.** Acknowledge your achievements, even the small ones. Reaching a goal takes hard work and you should be proud of your efforts. Celebrating could mean sharing an apple with your child or taking some time for yourself. Having clear goals and a plan can bring your family together and help you be healthier all year. All positive changes—tiny or drastic—can improve your everyday life.

Recipe – Crockpot *Chili*

Ingredients

- 1-can kidney beans, rinsed
- 1 lb. ground turkey, cooked
- 1 small chopped onion
- 1 can diced tomatoes with juice
- 1 can tomato sauce

Directions:

1. Cook turkey and onion in a fry pan over medium high heat, scramble fry until no longer pink.

2. Drain off fat and transfer cooked meat and onion to crock pot.
3. Add all remaining ingredients and mix well.
4. Cook on High 6-8 hrs.
5. Mix together kidney beans, tomatoes, tomato paste into crockpot.



Promotional Events

Each month, there will be two promotional events at your facility. Watch for information on what is being featured in the next upcoming months.



Did You Know?

As we are now three months into the New Year, evaluate how you are doing on your health goals.

There is one person who is newly diagnosed with diabetes every 19 seconds – what are you doing to better your health?

Ways to decrease risks:

- Increase physical activity
- Eat a healthy diet
- Follow MyPlate recommendations
- Eat nutrient-dense meals and snacks

Get Involved in Your Community

Nutrition does not need to stop with education. Get involved in your community!

Look at different websites such as:

- MyPlate.gov
- Nutritionforkids.com

Word Scramble

Chef Solus' Summertime Fruit and Vegetables - Word Scramble

Chef Solus is enjoying summertime. Unscramble this word puzzle and find the names of some of Chef Solus' favorite summertime fruits and vegetables!



nabnaa



leetctu



toatom



sapegr



paech



rocn



innoo



trberwyars

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