

**PENNY SAVER NEWS**

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### It's a New Year, Where Do I Start?

By now you've had time to recover from the New Year's Eve celebrations, make your list of resolutions, and revise the list a couple of times. You might have whittled it down from 20 good ideas to 10 or maybe 5 resolutions. Still, trying to make so many changes in your lifestyle can be scary. Most of us start with great intentions. But they don't stick and soon we're back to where we were before.

You can increase your chances of making some permanent changes by going one step at a time. Look at your list, figure out which one thing is either most important or is the easiest to do, and start with it. Don't tackle the other items on your list until February at the earliest! Give yourself several weeks or a month to focus on one change before you try the next.

And since you probably have at least one resolution on the list that has to do with improving your diet, here's a short list to consider. These are highlights of the health news from 2005, new connections we learned last year to help us live better this year. Choose just one to start the new year right.

1. Eat more fruits and vegetables, especially more dark green leafy ones like spinach, kale and collard greens. Several years of diet information on over 100,000 people showed again that people who eat at least 5 servings of fruits and vegetables a day had much less chance of getting heart disease. There's also evidence that fruits and vegetables might protect us from cancer of the pancreas and reduce our chances of getting some kinds of arthritis. Those dark green leafy ones help delay cataracts,

reduce the risk of stroke, and maybe even protect us from Alzheimer's disease. Aim for at least two more servings a day. That's only one more cup a day, you can do it!

2. Get moving, at least half an hour more a week. Start by getting 10 minutes of movement a day, three days a week. Every two weeks add 5 more minutes. Aim for eventually at least 30 minutes a day. It doesn't all have to be done at once, 5 minutes here and 5 minutes there is fine. Just move. Walk. Dance. Bike. Keep 2 cans of fruit beside the TV chair. Every time a commercial comes on pick up the cans. Raise and lower them till the commercials end. Start again with the next commercial. It counts!

3. Eat breakfast, and eat whole grain cereal for breakfast. More whole grains means less chance of heart disease, atherosclerosis, stroke. People who eat breakfast gain less weight than those who don't. Read labels to be sure that what you're getting is really whole grain and not just caramel coloring. The first item on the ingredient list should be 'whole ....'. It could be whole wheat flour, or whole oats, or corn or brown rice, just so it's not sugar. Add fruit or berries for sweetness as well as color.

4. Use low-fat milk for calcium and vitamin D. Men and women both need the calcium to keep bones strong. Without vitamin D we don't absorb or use the calcium. But there's new evidence that at least in men, those who drank more low-fat milk had less chance of diabetes, and women had less chance of PMS (premenstrual syndrome). Plus, vitamin D seems to keep muscles strong especially in the elderly. Strong muscles mean fewer falls and broken bones.

5. As soon as the turkey leftovers are gone, have some fish. Cold-water fish such as salmon, tuna and mackerel protect both heart and head. Arteries plug up more slowly and memory and reasoning stay sharp longer in people who eat fish at least twice a week. Don't fry the fish, that's too much fat. Choose different kinds and use

canned fish to reduce the risk from mercury or pesticides.

Here's a Florida version of yellow rice, perfect to serve with your broiled fish.

Use brown or wild rice for a whole grain serving. Sorry, but there's not enough orange juice to count as a serving of fruit. Have a Happy and Healthy New Year!

#### Florida Orange Rice

3 Tbsp butter or margarine	1 C uncooked brown rice
2/3 C diced celery with leaves	1/8 tsp thyme
2 Tbsp chopped onions	2 Tbsp slivered orange rind
1 ½ C water	1 C orange juice
1 tsp salt optional	

Melt butter in heavy saucepan with lid. Saute celery and onion until tender but not brown. Add rest of ingredients, bring to boil. Cover, reduce heat and simmer for 35 minutes or until tender. Serve with chicken, fish or pork. Serves 6.

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