

## Ask the Expert:

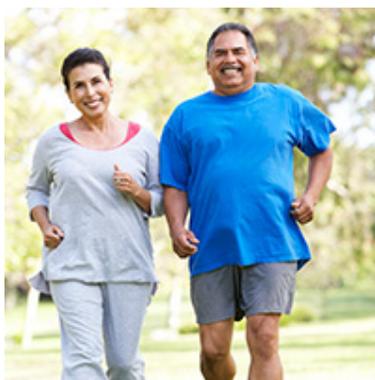
### How Can I Stick to my New Year's Resolutions?

Written by Amanda Vetter, Undergraduate Student in the Department of Nutrition Science, Purdue University



The new year is a great time to make a change that will improve your diet and overall health! Setting goals is fun, but maintaining the every day effort to reach goals can be difficult.

Try not to get discouraged if you have drifted away from your resolutions. This February you can pick up where you left off by setting both short term and long term goals.



#### 1. Make Your Goals SMART

SMART stands for specific, measurable, attainable, realistic, and timely. Instead of setting a general goal choose a more specific goal such as: pack one healthy snack each workday for one week.

#### 2. Make a Plan

After you've made goals, create a plan for how you will turn your changes into a habit. Plan out how and when you will fit the changes into your schedule.

#### 3. Build a Support System

Let those around you know what you are trying to achieve. Friends and family can be a source of support. For example, explain the changes you are planning and the benefits of these changes to your family and let them know you need their help.

#### 4. Aim for Progress Not Perfection

Ups and downs are normal. If you've fallen away from your plan, don't give up. Try to figure out what led you to go off course and make a plan for how you will prevent it from happening next time.

#### QUICK TIPS:

- Reflect on a few healthy behaviors you would like to begin incorporating into your life
- Set smaller, attainable goals to accomplish at different points throughout the year
- Make one change at a time, but aim to change health behaviors for the long term

#### IN THIS ISSUE

<b>Ask the Expert:</b> How Can I Stick to my New Year's Resolutions?	1
<b>Food Safety:</b> Tried, True, and New Food Safety Tips	2
<b>Eating Right:</b> Skip the Salt	3
<b>In the News:</b> March is National Nutrition Month	4

Sources: <http://www.eatrightpro.org/resource/media/press-releases/new-in-food-nutrition-and-health/this-new-year-resolve-to-develop-a-healthy-lifestyle>, <http://www.blogs.va.gov/VAntage/16675/va-dietitian-asks-did-you-make-weight-loss-a-new-years-resolution/>, <http://www.discovergoodnutrition.com>, <http://www.apa.org/helpcenter/resolution.aspx>, Pictures: <http://www.fda.gov/ForConsumers/ByAudience/ForWomen/WomensHealthTopics/ucm478317.htm>, <http://www.cdc.gov/nccdphp/dch/programs/pastprograms/index.htm>

## Food Safety: Tried, True, and New Food Safety Tips

Written by Sasha Harrison, Undergraduate Student in the Department of Nutrition Science, Purdue University

One in every 6 people get food poisoning every year in the United States. While anyone can get sick with a foodborne illness, pregnant women, young children, elderly adults, and those with a weakened immune system are particularly at risk. However, these illnesses are preventable. The information below outlines recommended food safety practices and tips to help prevent mistakes you may not even know you are making!

### USDA Recommended Safe Minimum Internal Temperatures



**COOK:** Cooking foods to the right temperature helps kill pathogens and keeps them from spreading. The best tool to ensure food is fully cooked is a food thermometer. Safe minimum internal temperatures recommended for various foods are listed to the left. In addition, leftover food should be reheated to 165°F.

**CLEAN:** Keeping hands, surfaces, and kitchen items clean is very important to food safety. Utensils, cooking surfaces, and cutting boards should be disinfected with a combination of 1 tablespoon bleach and 1 gallon of water. This diluted bleach solution can be used to wash refrigerator shelves and doors as needed or on a weekly basis. Sanitize sponges daily by soaking in a dilute bleach solution or running them through the dishwasher.



**CHILL:** Cold food should be kept at 40°F or below to slow the growth of germs. Leftover food should be refrigerated within 2 hours of cooking. If you need to put a large amount of hot or warm food in the fridge, separate it in smaller containers so it will cool faster. If you are not planning to reheat food within 3 days, freeze it and make sure the freezer is set to less than 0°F.

**SEPARATE:** Cross contamination happens when pathogens from one food are transferred to another food because the foods touch the same surface. In order to avoid cross-contamination, use separate cutting boards and knives for produce, meat, and dairy products. In addition, store leftovers and ready-to-eat foods on higher refrigerator shelves and keep raw meat and poultry wrapped on the lower shelves.



Sources: <http://www.cdc.gov/foodsafety/foodborne-germs.html>, <http://www.foodsafety.gov/keep/basics/cook/index.html>, <http://www.foodsafety.gov/keep/basics/clean/index.html>, <http://www.foodsafety.gov/keep/basics/chill/index.html>, <http://www.foodsafety.gov/keep/basics/separate/index.html>, <http://www.seattlecca.org/food-safety-guidelines.cfm>, Pictures: [http://healthvermont.gov/enviro/food\\_lodge/images/USDA\\_safe\\_minimum\\_internal\\_temps.gif](http://healthvermont.gov/enviro/food_lodge/images/USDA_safe_minimum_internal_temps.gif), [http://www.foodsafety.gov/blog/sites/default/files/blog/images/refrigerator\\_blog.jpg](http://www.foodsafety.gov/blog/sites/default/files/blog/images/refrigerator_blog.jpg), <http://www.goodhousekeeping.com/cooking-tools/food-storage-container-reviews/g2215/food-storage-containers/>, <http://www.fsis.usda.gov/wps/portal/food-safety-education/teach-others/fsis-educational-campaigns/be-food-safe/bfs-photos/be-food-safe-photo-gallery/bfs-photos>

# Skip the Salt

Written by Hannah Bercot, Undergraduate Student in the Department of Nutrition Science, Purdue University



Many preserved foods and convenience foods are packed with salt. The sodium contained in salt is an essential nutrient, but most Americans consume too much sodium. According to the 2015-2020 Dietary Guidelines, Americans consume an average of 3,440 mg of sodium per day, significantly more than the daily recommendation of 2,300 mg or less. Consuming more sodium than the recommended amount has been associated with an increased risk of high blood pressure. In addition, keeping salt intake at the recommended level may reduce the risk of heart attack and stroke.

Avoid consuming excess sodium by using low-sodium versions of frozen and canned items and by limiting the salt used in preparing foods. Read nutrition labels to find low-sodium foods. A food with a Percent Daily Value (%DV) of 20% or more of sodium per serving is considered high sodium, while a %DV of 5% or less of sodium per serving is considered low sodium. 1 teaspoon of table salt contains approximately 2,300 mg of sodium. Wait to add salt to prepared foods until cooking is complete and you can taste the food. The following recipes feature tasty, lower-sodium soups you can prepare at home!

Nutrition Facts	
Serving Size 1 can (163 mL)	
Servings per Container 3.5	
Amount per serving	
Calories 30 Calories from Fat 0	
Total Fat	0g 0%
Saturated Fat	0g 0%
Cholesterol	0mg 0%
Sodium	520mg 22%
Total Carbohydrate	6g 2%
Dietary Fiber	1g 4%
Sugars	5g
Protein	1g

Sources: 2015-2020 Dietary Guidelines, United States Departments of Agriculture; <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/a-closer-look-inside-healthy-eating-patterns/>, <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm315393.htm>, Pictures: [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sodium-and-Salt\\_UCM\\_303290\\_Article.jsp#.Vqjq-VMrKCQ](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Sodium-and-Salt_UCM_303290_Article.jsp#.Vqjq-VMrKCQ), [http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/About-Sodium-Salt\\_UCM\\_463416\\_Article.jsp#.LfldWSo](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/About-Sodium-Salt_UCM_463416_Article.jsp#.LfldWSo)

## Crockpot Chili

### Ingredients (8 servings)

- 2 lbs ground beef
- 1 ½ tablespoon vegetable oil
- 2 medium onions, diced
- 2 teaspoons garlic powder
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 28-oz can low-sodium diced tomatoes
- 1 14-oz can low-sodium tomato sauce
- 1 15-oz can low-sodium black beans
- 1 12-oz can low-sodium pinto beans

### Directions

1. Turn on the crockpot to let it preheat.
2. Heat a medium skillet and brown the ground beef. Drain off the fat and add the meat to the crockpot.
3. Heat the vegetable oil in the skillet over medium heat. Add the onions and sauté for 5 minutes. Add the cooked onions to the meat.
4. Add all the remaining ingredients to the crockpot. Do not drain any of the cans. Stir until evenly mixed.
5. Cook on low for 8 hours or on high for 4 hours. Season with pepper to taste.

### Crockpot Chili (using 90/10 ground beef)

Per serving: 332 Calories, 13g Total Fat, 4.2g Total Saturated Fat, 115mg Sodium, 26.5g Total Carbohydrate, 5.5g Total Sugars, 8.4g Total Dietary Fiber, 29g Total Protein

### Quick Potato Soup

Per serving: 186 Calories, 7.5g Total Fat, 2.4g Total Saturated Fat, 43mg Sodium, 28g Total Carbohydrate, 3.5g Total Sugars, 4.3g Total Dietary Fiber, 4.6g Total Protein

## Quick Potato Soup

### Ingredients (8 servings)

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 2 medium celery stalks, diced
- 1 15-oz can low-sodium chicken broth
- 3 15-oz cans low-sodium sliced potatoes
- 1 15-oz can low-sodium corn
- 1 teaspoon garlic powder
- 2 teaspoons ground cumin
- ½ teaspoon black pepper
- ½ cup sour cream

### Directions

1. In a large pot, heat the oil over medium-high heat. Add onion and celery and sauté for about 5 minutes.
2. Add the chicken broth, potatoes, and carrots with the liquid from the cans. Mix in the garlic powder, cumin, and black pepper. Bring the mixture to a boil, then reduce the heat and simmer for 25 minutes.
3. Add the sour cream and mix evenly throughout the soup. Let simmer for 2 more minutes.
4. Season the finished soup with pepper to taste.

Underlining denotes a TEFAP commodity food ingredient

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## March is National Nutrition Month

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SAVOR THE FLAVOR  
OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

 Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

March is National Nutrition Month! This year the Academy of Nutrition and Dietetics choose the theme “Savor the Flavor of Eating Right”, reminding us to appreciate the traditions, pleasure, and great flavors that come from a healthy, varied diet. One way to “Savor the Flavor” is to focus on mindful eating. Mindful eating involves using all of your senses to choose food that is both nutritious and satisfying and using hunger cues to guide your eating decisions.

Try a few of these mindful eating tips:

1. Start with smaller portions at first.
2. Turn off the TV and other screens and enjoy your food.
3. Sit down before eating and serve out portions.
4. Put down your utensils between bites.
5. Recognize when you are full. You don't always have to clean your plate!

**WHAT:** National Nutrition Month

**WHERE:** Visit <http://www.nationalnutritionmonth.org/nnm/>

**WHEN:** Every March

**WHY:** Your food choices, eating habits, and physical activity patterns influence your overall health and well-being!