



K-State Extension Connection

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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A New You All Year

Here is a different approach to New Year's resolutions! Set one resolution to do for each month throughout the year. Try each of the suggestions below, or make your own list of monthly resolutions. The key is to keep new behaviors specific and do-able. As each month closes, congratulate yourself for practicing healthy habits, and resolve to continue to take steps to a healthier you!



January. This month, substitute three servings a day of whole grain cereals, breads and tortillas for products made with refined enriched flours and grains.

February. Eat canned, fresh or frozen fish eight times this month, or twice a week.

March. Switch from sweetened drinks to beverages without added sugar.

April. This month, eat more fresh, frozen or canned vegetables (especially dark green, yellow, orange or red ones, or cooked dry beans, lentils or peas).

May. Each day, include low-fat or fat-free sources of calcium in your diet. Switch from whole to low-fat milk, and choose reduced-fat yogurt and cheese.

June. Break into summer by eating breakfast each day of this month.

July. The year is half over! Eat 2 cups of fruits (fresh, canned, frozen, dried or juiced) each day this month, with no more than 1 cup of fruit juice per day.

August. This month, choose steamed, grilled or baked dishes instead of fried foods.

Trim visible fat and skin from meat and poultry.

September with Less Sodium. Avoid salty snack foods this month. Instead, snack on fruits, vegetables, unsalted popcorn or a small handful of unsalted nuts or seeds.

October. Eat four meatless suppers this month, one each week. Include meals with cooked dry beans, calcium-rich foods, whole grains, fruits and vegetables.

November. This month, change four favorite recipes to lower their content of solid fats, added sugars, full-fat dairy products, fatty meats, and/or sodium.

December. Each day, do at least 30 minutes of physical activity.

For additional information, contact the Wildcat Extension District, Crawford County, 620-724-8233, Labette County, 620-784-5337, Montgomery County, 620-331-2690, Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Our website is <http://www.wildcatdistrict.k-state.edu/> or follow us on Facebook: Wildcat Extension District.

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