



January 2021

Healthy Living With Head Start

Celebrate Health in the New Year

A healthy lifestyle is often associated with hard work, tasteless foods, and unattainable goals. In place of resolutions and big change in the new year, give yourself a reason to celebrate health in your life. Take a look at all the things you might already be doing as part of your normal daily activities to help stay active and healthy:



Cleaning the house	120 calories
Cooking a meal	60 calories
Going grocery shopping	70 calories
Doing the laundry	60 calories
Playing with children	120 calories
Washing the dishes	70 calories
Shoveling snow	180 calories
Taking a walk	100 calories

Small Changes for a Big Win

Choose more whole grains. Replace white bread, white rice, or regular pasta with whole grain options. Aim to make at least half of your grains whole grains.

Snack smarter. Have easy-to-grab, healthy options in the refrigerator. Low-fat foods that are high in protein, like yogurt and cheese, will keep you feeling fuller longer. Fiber-filled vegetable sticks are a great on the go snack that will keep your body healthy.

Move more. Add more physical activity to your day by taking a walk, playing with your children, or even cleaning up around the house. If you find yourself wanting to watch TV, avoid binging for too long by setting a timer or setting a one episode limit.

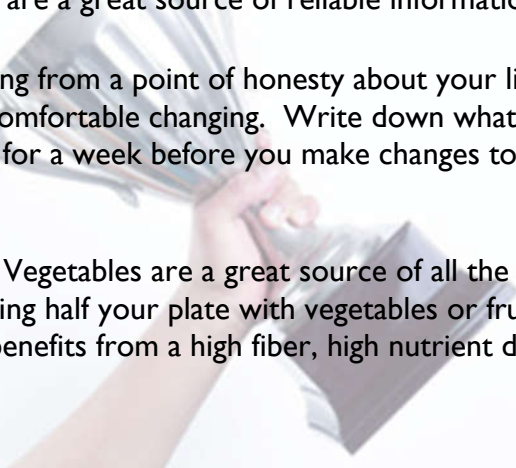
Cook at home. Preparing meals will give you more control over food choices. You will be able to get rid of many processed foods that are full of added sugars, fats, and sodium in your diet, plus you may find that cooking can be fun.

Say goodbye to sugary drinks. Water is the best option, at any age, to quench your thirst. Drinks like soda, juice, iced teas, and coffee drinks add a lot of extra calories to your diet without adding many other nutrients.

Schedule a check-up. Going to regular health and oral health check-ups is an easy way to stay on top of your health. Take the opportunity to ask your healthcare provider questions that have come up as you have made changes towards a healthier lifestyle. Healthcare workers at your doctor's or dentist's office are a great source of reliable information and support.

Be honest with yourself. Starting from a point of honesty about your lifestyle will give you a better idea of what you will be comfortable changing. Write down what you eat and drink, and how physically active you are for a week before you make changes to give yourself an idea of where you started.

Pack your plate with veggies. Vegetables are a great source of all the nutrients we need to stay healthy. Work towards filling half your plate with vegetables or fruit at each meal to make sure you are getting all the benefits from a high fiber, high nutrient diet.



Getting to Know Nutrition Labels

Calories

This is the amount of energy a food contains. Calorie needs are based on age, height, weight, and activity level. Avoid foods high in calories but low in many other nutrients.

Find out more about your individual calorie needs at Choosemyplate.gov.

Nutrients

Choose foods high in fiber, protein, and vitamins and minerals, while aiming to reduce foods high in saturated fat, sodium, and sugars. Eating a wide variety of foods will help meet all of your nutritional needs.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Serving Size

This is the amount of food that the nutrition information is based on. Always compare your portion with the listed serving size to make sure you have an accurate idea of the nutrients you are consuming.

% Daily Value

Based on a standard 2,000 calorie diet (for an average adult), this value lets you know how much a food contributes to your required intake for certain nutrients.

Example: This food will provide you 25% of your daily fiber needs and 17% of your overall carbohydrate needs towards full day's intake.

Ingredients

The closer to the top of the ingredient list a food item is, the more of that ingredient is used in the food product. Look for foods with whole grains, fruits and vegetables, or low fat proteins as the first ingredient. Limit foods high in fat, sugars, and sodium. If you are unsure of what an ingredient is, take time to look it up. Reading the ingredient list is a great way to be in control of what you are putting in your body.

Making Mealtime Memories

Brussels and Butternut Pasta

This pasta dish is a light alternative to many heavy dishes we find on a menu when eating out. Treat yourself at home by roasting the vegetables first for extra flavor, and using the pasta water for a thick, luxurious, and healthy sauce. Try adding different vegetables as the seasons change to make this dish as economical as it is yummy.

Ingredients

- * 1 Tablespoon olive oil
- * 3 Cups butternut squash (peeled and cubed)
- * 2 Cups brussels sprouts (halved)
- * 1 Medium onion (chopped)
- * 1/2 Cup vegetable or chicken stock
- * 3/4 Pound whole wheat bow tie pasta (cooked)
- * 1/2 Cup water from cooking pasta
- * 1/2 Cup shredded parmesan cheese
- * Salt and pepper to taste




Directions

- * Preheat oven to 425°
- * In a large bowl, toss together oil, butternut squash, brussels sprouts, onion, salt and pepper until well coated.
- * Spread vegetable mixture on a rimmed baking sheet into a single layer.
- * Roast vegetables, stirring every ten minutes, for 20-30 minutes (until squash is tender).
- * Mix roasted vegetables, cooked pasta, and parmesan cheese in a large bowl.
- * In a small sauce pan, bring the stock and reserved pasta water to a boil. Remove from heat and slowly mix into pasta and vegetables.
- * Top with extra cheese and seasoning if desired.

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