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Asparagus is low in calories and a great source of fiber, folate and vitamins A, C and K. Almonds add a boost of healthy fats, fiber, protein, magnesium and vitamin E.

Small steps for change

Big goals
have
to start
little with
dietary
choices



Mandy Hatfield
Extension Spotlight

The beginning of a new year is a time when people make New Year's resolutions. Many people make New Year's resolutions around health, nutrition and physical activity.

Remember when setting your resolution to make it attainable. Making small steps to change is the best way to reach the goals you have set for yourself. You will have a greater sense of success if you set small goals for yourself for the year.

Most New Year's resolutions sound something like "I am going to lose 30 pounds this year" or "I am going to run a marathon this year." Those are great goals, but how are you going to measure success along the way?

If your goal is to lose weight, you could start by first creating a food log to see what and how much you are eating on a regular basis. From this information you can then set goals for yourself like increasing or decreasing a certain food in your diet. For example, increasing vegetable consumption by a cup a day and decreasing soda consumption to one a week.

Next, you could possibly set a goal to lose a pound a week until you reach your goal of losing 30 pounds. These are attainable goals, which you can make work for you and you can feel successful while doing it. If one week does not go as planned, you can still make up for it the next week. You would not have to feel like you blew it, so it's over now.

STEPS, B8



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Creamy potato leek soup is a healthy comfort food perfect for fall.

This soup has salad aspirations

MELISSA CLARK
The New York Times

New Year's resolutions aside, January is actually a terrible month to try to eat more healthfully. For one thing, there's not a lot of tempting fresh produce in the market, inspiring a cook to make stunning salads. Then, there's the icy, gray-skied weather that quite naturally makes a body crave carb-heavy, cozy fare, preferably smothered in bacon and cheese.

The best January dishes bridge

the divide between healthful and heavy. They're warming and sustaining, but still full of vegetables and whole grains.

This spinach soup does exactly that. Loaded with greens, celery, leeks and herbs, it's got vegetables galore. Some potato puréed into the broth gives it a creaminess without richness. And farro stirred in at the end gives it texture and an earthy depth, making this recipe walk the line between soup and stew.

One individual choice you'll

have to make is how thick or thin you'd like your soup to be. Start with a quart of good broth (either chicken or vegetable). This will be enough to liberally cover all the vegetables while they simmer away. Then, after puréeing the soup, you can stir in a little water. If it's too thick, just stir in a little water. If it's too thin, let it simmer for a few minutes uncovered to reduce it.

If you can, try to start with a

SOUP, B8



LINDA XIAO/THE NEW YORK TIMES

Lemony spinach soup with farro is loaded with greens and other vegetables, plus farro and creamy potato. As a result, this soup walks the line between healthful and heavy.