New-Year Checkup
You can do a lot to live a long and healthy life. Even a small step such as exercising an extra 10 minutes every day helps.

How are you shaping up so far this year?
☐ I am tobacco-free.
☐ I maintain a healthy weight.
☐ I get a yearly flu shot.
☐ I exercise at least 30 minutes most days of the week.
☐ I fill half of my plate with fruits and vegetables at every meal.
☐ I fill one quarter of my plate with grains at every meal. At least half of the grains I eat daily are whole grain. I fill the other quarter of my plate with fatty fish, lean red meat and poultry, beans, legumes and nuts.
☐ I have my blood pressure, blood sugar and cholesterol checked as my health care provider advises.
☐ I am screened for cancer according to my provider’s advice.
☐ I make sure my provider knows my health history.
☐ I take medications as directed.

How many did you check? Review this list with your provider. Your provider can help you find solutions that fit your personal needs. It’s an easy step on the path to better health for life.

Fruits and Vegetables – Are you getting enough?
If your plate is always half-filled with vegetables and you snack on fruit between meals, you are likely getting the recommended minimum of 2 cups of fruits and 2½ cups of vegetables you need daily. But many Americans fall short of this goal.

Getting enough vegetables and fruit can help combat high blood pressure, cholesterol and blood sugar – all heart disease risk factors. Spruce up your plate:

Start with salad. Use dark green leafy lettuce (spinach, romaine, kale) and add your favorite vegetables or fruit on top.

Add vegetables where there were none before. Try layers of meaty mushrooms and eggplant in lasagna, or squash in macaroni and cheese.

Enjoy fruit for dessert. Try tropical fruit salad, cinnamon-baked apples or spiced poached pears.

Roast those vegetables. Add some olive oil and balsamic vinegar to purple cabbage, Brussels sprouts, cauliflower, beets or broccoli, and cook until tender-crisp, about 30 minutes.

Keep sliced vegetables handy. Studies show we eat 29% more vegetables when they are in our sight line.

Crisp Fruit Salad
1 red apple
1 pear
1 teaspoon lemon juice
1 cup seedless grapes, halved
½ cup raisins
1 container (6 ounces) low fat, sugar free vanilla yogurt
2 tablespoons low fat mayonnaise-type salad dressing
Wash fruit under cool running water. Chop apple and pear (leave skin on). Add to large serving bowl and toss with lemon juice. Add grapes and raisins to bowl. Combine yogurt and salad dressing in a small bowl and spread over fruit. Stir to combine. Refrigerate. Best eaten the day it’s prepared.

**Clever Ideas:** Use dried cranberries or cherries instead of raisins. Add ½ cup celery, chopped (about 1 stalk). Add ¼ cup walnuts or almonds, chopped. For a main dish salad, add chicken chunks, canned tuna, or salmon. Try with lemon, plain, or plain Greek yogurt.

**Nutrition Facts:** Serving size: ¾ cup equals: 120 calories, 15 calories from fat, 2g total fat, 0g trans-fat, 0g saturated fat, 0mg cholesterol, 55mg sodium, 26g carbohydrate, 2g dietary fiber, 20g Sugars, 2g Protein, Vitamin A 2%, Vitamin C 10%, Calcium 6%, Iron 2%

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**Easy Roasted Veggies**

5 cups assorted vegetables pieces cut in chunks
 (potatoes, sweet potatoes, winter squash, turnips, carrots, onions, mushrooms)
1 tablespoon vegetable or olive oil
2 teaspoons dried Italian seasoning
⅛ teaspoon black pepper
⅛ teaspoon salt


**Nutrition Facts:** Serving size: 1 cup equals: 90 calories, 25 calories from fat, 3g total fat, 0g trans-fat, 0g saturated fat, 0mg cholesterol, 95mg sodium, 16g carbohydrate, 3g dietary fiber, 4g Sugars, 2g Protein, Vitamin A 160%, Vitamin C 15%, Calcium 2%, Iron 4%

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**10 Ways to a Healthier Heart**

Heart disease is the leading cause of death in the U.S. Your chances of developing heart disease go up with the number of risk factors you have. Some risk factors you can’t change – like your age and family history. But there are a lot of risk factors you can control. Here are 10 things you can do.

1. Get and keep a healthy weight.
2. Quit Smoking.
3. Eat a Heart Healthy Diet.
4. Be Physically Active.
5. Lower High Blood Pressure.
6. Reduce Cholesterol.
7. Limit Your Alcohol.
8. Manage Diabetes.
9. Reduce Stress.
10. Get Regular Checkups.

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**Sweetheart Cupcakes**

1 can (15 ounce) pumpkin
1 box (18 ounces) chocolate cake mix
3 eggs
¾ cup (6 ounces) apple juice
½ cup chopped walnuts

Preheat oven to 350°F. Grease or spray muffin tins. Combine the pumpkin, cake mix, eggs, and apple juice in a large mixing bowl. Beat batter well. Fill muffins tins ⅔ full of batter. Sprinkle walnuts on top. Bake according to package directions for cupcakes (about 20 minutes). Cupcakes are done when a toothpick inserted into a cupcake comes out clean. Let cool on rack for 5-10 minutes. Remove from tin.

**Options:** Use a white or spice cake mix with 1 tablespoon of cinnamon or pumpkin pie spice added to batter. Bake recipe in 9x13-inch cake pan or 10x15-inch jelly roll pan. Use toothpick method to test for doneness. Serve with low fat or fat free frozen topping. Serves 24

**Nutrition Facts:** Serving size: 1 cupcake equals: 130 calories, 50 calories from fat, 6g total fat, 1g saturated fat, 25mg cholesterol, 0g Trans-fat, 190mg sodium, 19g carbohydrate, 1g dietary fiber, 10g Sugars, 3g Protein, Vitamin A 60%, Vitamin C 2%, Calcium 4%, Iron 8%

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