

Healthy Choices

March 2024

March is National Nutrition Month®

Have a good relationship with food. Some foods are more nutritious than others, you need to eat more of those foods. But allow yourself to have the foods you enjoy. Remember moderation in every thing you eat.

Wildcat Extension District
620-331-2690

<http://www.wildcatdistrict.k-state.edu>

Serving: Crawford, Labette, Montgomery, Wilson Counties

Southwind Extension District
620-365-2242

<https://www.southwind.k-state.edu>

Serving: Allen, Bourbon, Neosho, Woodson Counties



Beef and Cabbage

4 Servings

Ingredients

- 1 green cabbage head (washed and cut into bite-sized pieces)
- 1 onion, medium (chopped)
- 1 pound ground beef
- 2 sprays of non-stick cooking spray
- 1 teaspoon garlic powder
- 1/4 teaspoon black pepper
- Salt (to taste, optional)
- Red pepper flakes (to taste, optional)



Source: University of Maryland Cooperative Extension Food Supplement Nutrition Education Program

Directions

1. Wash hands with soap and water.
2. Chop cabbage and onions, set aside.
3. In a large skillet, cook the ground beef on medium heat until browned. Drain the fat. Set aside.
4. Spray skillet with non-stick cooking spray. Cook onions on medium heat until soft.
5. Add cabbage to the onions and cook until cabbage starts to brown.
6. Stir the beef into the cabbage and onions mixture.
7. Season with garlic powder, salt (optional), and pepper. Add red pepper flakes (optional) to the cabbage if you like it spicy.

Nutrition Information: Total Calories 248, Total Fat 10g, Cholesterol 71mg, Sodium 107mg, Carbohydrates 16g, Fiber 6g, Sugars 8g, Protein 25g

Did you know that heart disease is the leading cause of death in our country? The U.S. Centers for Disease Control and Prevention (CDC) recommends the following healthy habits for preventing heart disease:

- Pick healthy foods and drinks.
- Maintain a healthy weight.
- Be physically active regularly.
- Do not smoke.

You can learn more about the CDC's recommendations at cdc.gov/heartdisease/prevention.htm.

It may sound easy enough to implement these healthy habits, but adopting new habits can be easier said than done. "One of the best ways to build a new habit is to identify a current habit you already do each day and then stack your new behavior on top. This is called habit stacking," according to James Clear, author of *Atomic Habits*. For example, if you want to make regular physical activity a habit, you might consider trying habit stacking. One habit you probably already do every day is take your shoes off after work. On his website (jamesclear.com/habit-stacking), Clear suggests that you can try stacking that current habit with a new behavior of immediately changing into clothes and shoes to exercise.

The American Heart Association also has helpful habit stacking recommendations. For example, they recommend stacking the daily habit of brushing your teeth with a little bit of movement (like doing five squats). They also suggest stacking the habit of going to the grocery store with parking further away so that you can get more steps in. You can learn more about their suggestions at heart.org/en/healthy-living/healthy-lifestyle/habits/fit-bits.



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Southwind District

Fruit Salad with Yogurt

4 Servings



Ingredients

- 2 cups strawberries (sliced)
- 1 cup blueberries (rinsed)
- 1 cup pineapple chunks (canned, or fresh)
- 3 tablespoons pineapple juice
- 2 cups plain low-fat yogurt
- 1/8 cup almonds (sliced or slivered)

Directions

1. Place fruit in a large bowl and mix with pineapple juice. Let stand for 15 minutes at room temperature.
2. Place 1 cup of fruit salad in a small bowl and top with 1/2 cup of yogurt.
3. Sprinkle almonds on top of each fruit salad. Serve immediately.

Nutrition Information: Serving size 1 cup; total calories 171, total Fat 4g, Cholesterol 7mg, Sodium 88mg, Carbohydrates 28g, Fiber 4g, Total Sugars 22g, Protein 8g

Source: USDA MyPlate