

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE



January 2024

Making Healthier Choices with a Plan

Healthy eating habits are easier with a plan. Making healthier food choices can lead to a healthy lifestyle.

Take small steps. Decide on one thing to change at a time. For example, if your goal is to eat more vegetables, choose which meal of the day and a vegetable you enjoy. As it becomes easier to do this over time, try adding in new vegetables one at a time and celebrate learning about new foods.

Set a timeline, then choose when and how you would like to achieve your goal. Since new habits and behaviors don't usually happen immediately, small, consistent changes can make a big impact in the long run.

Prepare meals ahead. Make it easy to have better food choices! Prepare and store meals ahead of time for those days when your schedule is busier. If some meals are difficult to prepare entirely in advance, think about the ingredients and steps involved and choose which parts to prep ahead of time.

Snacks can be a great way to add nutrients to your day that you may have missed during mealtimes. Keep healthier snack options such as whole grain

foods, fruits and vegetables, and low-fat dairy easily available and within reach. For example, try placing bowls of fruit in a convenient location in your home, having portioned servings of popcorn in reach, a refrigerator drawer designated for cut and prepped easy-to-eat vegetables, or frozen fruits and vegetables ready to be blended with some low-fat milk or yogurt. However you choose to include healthier snacks, have a plan to make it happen.

Be flexible and stay encouraged.

Everyday life situations can sometimes make it hard to stay on track. Know they may happen and stay positive. This can also be an opportunity to reset and refocus on your goals. Take time to celebrate the small victories along the way.

Find practical ways to make healthier eating work for your schedule and lifestyle. A healthy lifestyle is a lifelong process, so keep it fun and enjoy the food you eat. Make healthy eating a celebration!

Written by: Priscilla Ofori, Project Specialist – Better Living for Texans.

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Recipe of the Month

Recipe adapted from www.fruitsandveggies.org

Spicy Ginger Mushroom Noodles

A delicious and adaptable celebration of traditional Asian flavors!

Serves 6

Ingredients:

8 ounces ramen-style noodles (or any noodle)
¼ cup low-sodium vegetable broth
2 tablespoons low-sodium soy sauce
1 tablespoon vinegar
2 teaspoons red chili flakes
1 tablespoon + 1 teaspoon garlic, minced
½ tablespoon cornstarch (or 1 tablespoon flour)
1 tablespoon peanut oil (or oil of choice)

1 cup carrots, shredded or thinly sliced
12 ounces mushrooms, any variety, sliced
6 ounces baby bok choy (about 2 heads) (or cabbage)
4 ounces green onions (about 1 bunch), sliced thin
with green tops separated from the white parts
1 teaspoon ginger, peeled and grated (or dried)
1 teaspoon sesame seeds for garnish (optional)



Directions:

1. Precook noodles according to package instructions, and rinse with cold water. Set aside.
2. For the sauce, whisk together vegetable broth, soy sauce, vinegar, red chili flakes, 1 tablespoon minced garlic, and cornstarch in a medium bowl. Set aside.
3. Preheat wok or skillet to high heat and add oil. Add the carrots and mushrooms to the wok or skillet. Allow to cook for 3 minutes.
4. Remove carrots and mushrooms and set aside. Add the bok choy, white parts of the green onions, ginger, and 1 teaspoon garlic. Cook for 3 minutes. Add the sauce, and stir in the noodles.
5. Return the cooked mushrooms and carrots back to wok or skillet, and combine all the ingredients. Garnish with sliced green onions and sesame seeds.

Nutrients Per Serving: 200 calories, 3 g total fat, 0 g saturated fat, 0 mg cholesterol, 240 mg sodium, 41 g carbohydrates, 2 g fiber, 3 g total sugar, 0 g added sugar, and 3 g protein

Total Cost: \$\$\$\$



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