



MyPlate is a great model for healthful and balanced eating that supports the following five overarching guidelines of the newly released 2015-2020 DIETARY GUIDELINES FOR AMERICANS:

- 1) Follow a healthy eating pattern across the lifespan.
- 2) Focus on variety, nutrient density, and amount.
- 3) Limit calories from added sugars and saturated fats and reduce sodium intake.
- 4) Shift to healthier food and beverage choices.
- 5) Support healthy eating patterns for all.

Happy New Year! We wish you a wonderful and healthy 2019. This is the time many people make New Year Resolutions to eat healthier, exercise more and achieve a healthier body weight. But often resolutions are unrealistic and don't last. A good way to approach making healthier choices is to identify some goals for better health and then focus on taking small manageable steps to achieve one goal at a time instead of trying to make multiple changes all at once. Here are some ideas:

- Choose more fruits and vegetables. Most people don't eat enough of them. Aim toward making half of the foods on your plate fruits and vegetables. Select many varieties and colors. These nutrient dense foods will help fill you up.
- Select fat free or 1% fat milk and dairy products like yogurt and cottage cheese. These have the same nutrients as whole milk but fewer calories and less fat. Drink milk with meals, use to make cream soups and in desserts like pudding and tapioca.
- Eat more whole grains by substituting whole grain products like oatmeal, whole wheat pasta and brown rice for the refined versions.
- Choose lean animal protein sources like seafood, skinned poultry and lean red meat. Enjoy plant based proteins including dried beans, peas and lentils regularly.
- Enjoy the food you eat but eat less of it if you want to reduce body weight. Listen to your body and pay attention to hunger and fullness cues. Wait until you are hungry (not famished!) to eat and eat in a slow and relaxed manner until satisfied but not too full.
- Eat fewer foods that are high in solid fat, added sugars and/or salt. Examples include cookies, cakes, ice cream, sweetened drinks, candy and fatty meats like ribs, sausage, bacon and hot dogs. Limit these to special occasions.
- Make regular physical activity a part of your daily life. Choose activities you enjoy.

### Ginger Glazed Orange Segments

#### Ingredients:

2 tablespoons freshly squeezed orange juice  
1 tablespoon honey  
¼ teaspoon ground ginger  
4 medium oranges, peeled and in segments  
Fresh mint leaves for garnish



Combine orange juice, honey and ginger in a small bowl. Stir until smooth to make orange glaze. Add orange segments and toss gently to coat with glaze. Arrange segments on four small plates and drizzle with remaining orange glaze. Garnish each with one or two fresh mint leaves. This recipe makes 4 servings and each serving contains approximately 70 calories and trace amount of fat.

### Healthy Weight Corner

- Enjoy a healthful breakfast every morning including lean protein, whole grains, dairy and fruit.
- Plan healthful snacks to keep energy level up between meals. Try fat free yogurt and fruit, low fat cheese and an apple or dried fruit and nuts.
- Read food labels and learn to compare different products to be a smart shopper.
- Avoid oversized portions. Get in the habit of using smaller plates, bowls and glasses.
- Pay attention to the sodium content of foods and read food labels to choose those lowest in sodium.
- Enjoy a glass of water instead of sodas, energy drinks or other sugary beverages.



#### Produce of the Month: Oranges

##### Nutrition Information:

Serving Size: 3½ ounces  
Calories: 47  
Protein: .9 grams  
Fat: .12 grams  
Carbohydrate: 12 grams  
Cholesterol: 0 milligrams  
Fiber: 2.4 grams  
Sodium: 0 milligrams  
Potassium: 181 milligrams



#### Facts About Oranges

- Choose oranges that are firm and heavy for their size.
- The color should be uniform and oranges should be free of dark or soft spots.
- Oranges should be stored in the refrigerator and can be kept up to two weeks.
- Wash oranges under running cool water just before peeling and serving.
- Oranges are a refreshing snack, an addition to salads and pair nicely with fish, poultry and pork.



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MS, RD, LD

## NUTRITION CLASSES AT BUY FOR LESS

**Class size limited.**  
**Call 302-6273 ext 332 to make  
reservations for all nutrition classes.**

### January Classes 2019

#### **The ABCs Of What You Eat: Oranges**

*Learn the facts about oranges including nutritional benefits, how to select, store and serve in this class. This short half hour class is packed with helpful information. We will prepare and enjoy a **Citrus Salad with Toasted Almonds.***

Thu, Jan 10th 10:00 AM • 3501 NW Expressway, OKC

Tue, Jan 15th 10:00 AM • 3501 NW Expressway, OKC

#### **Seasonal Sampling Class**

*This fun and lively class offers the opportunity to sample a variety of **Healthful Seasonal Options** for you to enjoy. This is a great way to try new products every month!*

Tue, Jan 29th 10:00 AM • 3501 NW Expressway, OKC

#### **Diabetes Shopping Tour**

*This shopping tour class focuses on how to shop for foods and tips to stock a kitchen to help manage diabetes.*

Thu, Jan 24th 10:00 AM • 3501 NW Expressway, OKC

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### February Classes 2019

#### **The ABCs Of What You Eat: Strawberries**

*Learn the facts about strawberries including nutritional benefits, how to select, store and serve in this class. This short half hour class is packed with helpful information. We will prepare and enjoy a **Spinach Salad with Strawberry Dressing.***

Tue, Feb 12th 10:00 AM • 3501 NW Expressway, OKC

#### **Seasonal Sampling Class**

*This fun and lively class offers the opportunity to sample a variety of **Healthful Seasonal Options** for you to enjoy. This is a great way to “try before you buy” new products every month!*

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#### **Hypertension Shopping Tour**

*This shopping tour class focuses on how to shop for foods and tips to stock a kitchen to help manage hypertension.*

Thu, Feb 7th 10:00 AM • 3501 NW Expressway, OKC

**CLASS SIZE IS LIMITED.**

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