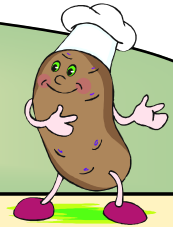


THE POTATO POST

January 2008



New Year's Resolutions



Surveys show that two hot topics for New Year's resolutions are achieving a healthy body weight and increasing physical activity. Here are some tips to help you do both!

Achieving a Healthy Weight

Rather than focusing on losing weight, plan for increasing activity and eating a healthy diet.

- 🚴 Grow-ups: aim for at least 60 minutes of physical activity each day. Kids: aim for 90 minutes of activity each day.
- 🚴 Build physical activity into your daily life: take the stairs, walk/bike to work/school.
- 🚴 Try a new activity at least once a year: hike, dance, ski, swim—whatever suits your interest!



Healthy Eating

- 🍷 Eat foods from each food group at every meal.
- 🍷 Go for whole grains, at least half the time.
- 🍷 Eat breakfast every day.
- 🍷 Up your fibre intake! Try having hot cereal with dried fruit for breakfast.
- 🍷 Eat veggies or fruit at every meal—prepared with little or no added fat, sugar or salt.
- 🍷 Eat legumes! Canned beans or chick peas are an easy addition to soups and salads.



Benefits of Exercise

Achieving a healthy weight isn't the only benefit of physical activity!

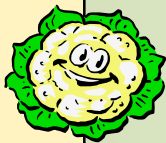
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| 😊 Better health | 😊 More energy |
| 😊 Stronger bones and muscles | 😊 Reduced stress |
| 😊 Improved posture | 😊 Greater independence later in life |
| 😊 Higher self-esteem | |

For more tips, check out:

"Healthy Living for Families"

<http://www.bced.gov.bc.ca/health/tools.htm>

Veggie Recipe of the Month



Children: five to six a day
Teens: seven to eight a day

"Popcorn" Cauliflower

Cut one cauliflower head into bite-sized pieces. Toss with one tablespoon of olive oil and sprinkle with salt and pepper. Spread in a single layer on a cookie sheet. Bake for 30-40 minutes at 375° F. Flip pieces every 15 minutes.



Dial-A-Dietitian, 1-800-667-3438