The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals. - Melody Beattie

The start of a new year can fill us with so many emotions – hope for a fresh start, amazement that another year has passed, and resolve to reach new goals. But how can we make New Year Resolutions that will actually stick? Here are a few tips:

- **Set goals that are realistic.** Choose resolutions that are within your grasp. If you have never tried ice-skating, don’t expect to be able to do a triple axel by the end of the year. Research your goals so you have accurate expectations of what you can achieve in 12 months.

- **Set goals that are measurable.** Deciding to “lose weight” is a pretty vague goal. How much do you want to lose, and by when? A measurable goal would be: Lose ten pounds by March 1st and keep it off.

- **Plan how you will reach that goal.** Again, “lose weight” isn’t specific enough. How will that weight come off? Will you be exercising, changing your eating habits, or both? Try: Jog on the treadmill 25 minutes 3 days a week and stop drinking soda pop.

- **Plan for setbacks.** You might catch a cold that interferes with your workout schedule, or slip up and drink that soda you wanted to quit. Changing habits is not easy, and setbacks are part of the process. Just be sure to get back on track as soon as possible.

- **Track your progress.** No matter what your goal is, keep track of your improvement over time so that you can celebrate the little victories along the way to reaching your goal. Good luck & Happy New Year!
How to Read Food Labels

The Food and Drug Administration regulates what food manufacturers put on the Nutrition Facts Label of any given product. Here are the basics of what to look for. This example is from packaged macaroni and cheese.

1. Serving size – check to make sure you are eating the suggested amount.
2. Calories – total calories and calories from fat are included. Calories from fat should be 30% of your total calories.
3. Less healthy nutrients – nutritionists recommend we limit our intake of saturated fats, trans fats, cholesterol, sodium and carbohydrates.
4. More healthy nutrients – protein, fiber, vitamins, and minerals. Sugar is also in this section, but should be limited to 6-9 teaspoons per day.
5. Footnote – this chart lets you know how much fat, cholesterol, sodium, carbohydrates, and fiber a typical adult should have.
Mushroom Quiche

Ingredients
Nonstick cooking spray
1¼ cups sliced mushrooms
3 green onions, finely chopped
1 clove garlic, finely chopped
1½ teaspoons dried oregano
2 teaspoons dried basil
¼ teaspoon salt
1 teaspoon dried marjoram
¼ teaspoon dried thyme
¼ teaspoon ground black pepper
½ teaspoon dried mustard
1 cup egg substitute
¾ cup nonfat milk
½ cup shredded lowfat Cheddar Cheese

Preparation
1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

Makes 6 servings. 4-inch slice per serving.

Prep time: 15 minutes  Cook time: 1 hour

Nutrition information per serving: Calories 58, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg

This recipe and more nutrition information can be found at www.cachampionsforchange.cdph.ca.gov/
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