New Year, New Outlook

Welcome 2022! When the calendar rolls around, we are afforded the opportunity to change our lives for the better. Here a few ways to embrace the New Year:

- Cut back on sugar and processed foods. You will be astonished at how quickly your health will improve and getting good news from the doctor feels great!
- Clear the clutter from your house. Your home will be safer and your mind will be at ease. Keeping an inventory of “stuff” is exhausting. Donate useful items and recycle what you can.
- Eat more fresh fruits and vegetables. You’ll consume less salt and sugar. Frozen veggies are a great option too!
- Keep a journal. Writing your thoughts is proven to help your brain process emotions, reducing anxiety, and will provide a sense of optimism for the future.
- Get suitable exercise and rest. Incorporate strength training and stretching into your daily routine, but don’t overdo it, and aim for 8 hours of quality sleep.

With a few simple changes, your outlook can be transformed. Let’s make 2022 a great year!

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News from our Registered Dietician

Sabina Hansen, MS, RD, Certified Diabetes Educator

You are what you eat!

Consider adding Vitamin D and Yogurt to your meals in 2022 and enjoy a strengthened Immune system and more wellness.

Vitamin D

Most people living in the Northeast Kingdom don’t get enough sunlight to manufacture enough vitamin D all year. It is estimated that 50-70% of people in our region are vitamin D deficient. Vitamin D plays an essential role in regulating the power of your immunity, maintaining healthy bones and plays a role in depression. You get Vitamin D from the sun, fatty fish such as salmon, herring and sardines and in egg yolks and milk products. It is recommended to take up to 1000 IU of Vitamin D daily and have your Vitamin D level tested each year and keeping you levels greater than 50 nmol/L. Try taking Vitamin D gummies- generic or name brand are the same- they taste like candy and you enjoy taking them. Or you can go back to taking a tablespoon of cod liver oil each night!

Yogurt

Probiotics in yougurt are a type of bacteria that helps modulate the immune system response. Bifidobacterium and lactobacillus are probiotics both found in yogurt and have been shown to reduce risk of cardiovascular disease, lower diabetes risk, enhance host immunity. Yogurt is packed with probiotics, Greek yogurt is a great recommendation- store brand or name brand are the same really These added nutrients will help make 2022 a very healthy year for you.
**Tasty Hamburger Skillet**

**Ingredients**
- 1 pound lean ground beef (15% fat or less)
- ½ c chopped onion
- ½ c chopped green pepper
- 2 c water
- 1 c white rice
- 1 teaspoon garlic powder or 4 cloves of garlic
- 1 Tablespoon chili powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 can (15 ounces) diced tomatoes with juice
- 1 ½ cups corn (canned and drained, frozen, or fresh cooked)
- 1 can (15 ounces) red kidney beans, drained and rinsed
- ½ cup grated cheddar cheese

**Directions**
1. Wash hands with soap and water.
2. Cook ground beef, onion and green pepper in large skillet over medium heat (300 degrees F in an electric skillet) until hamburger is no longer pink. Drain excess fat from pan.
3. Add water, rice, garlic powder, chili powder, salt, pepper, tomatoes with juice, corn and beans.
4. Cover the pan and cook for about 20 minutes or until rice is soft.
5. Remove from heat, sprinkle with grated cheese and serve hot.
6. Refrigerate leftovers within 2 hours.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving</th>
<th>Amount per Serving</th>
<th>Calories</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (205g)</td>
<td></td>
<td>240</td>
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</tbody>
</table>

- Total Fat 7g 9%
- Saturated Fat 2g 10%
- Trans Fat 0g
- Cholesterol 35mg 12%
- Sodium 450mg 20%
- Total Carbohydrate 29g 11%
- Dietary Fiber 6g 21%
- Total Sugars 8g
  - Includes 3g Added Sugars 6%
- Protein 15g
- Vitamin D 0mcg 0%
- Calcium 96mg 8%
- Iron 3mg 15%
- Potassium 482mg 10%
- Vitamin A 194mcg 22%
- Vitamin C 12mg 13%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Yak Traks, a type of ice cleat, provide more freedom of movement and keep you healthier. Many confine themselves to their homes during the winter months because of the fear of slipping on the ice. They miss family events, important doctor and dentist appointments, and often can't get to the drug store to pick up prescriptions. You must remove them before stepping on linoleum or wood floors. Also, do not drive with your yak trak on your pedal foot.

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**NEK Council on Aging**

**Guide to Healthy Eating Lifestyle**

- Make half your plate fruits and vegetables
- Drink water or juice instead of sugary drinks
- Cut down on saturated fat and sugar
- Reduce daily salt intake

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**Food Hero**

**Put healthy food on your table with help from 3SquaresVT!**

(800) 642-5119

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**NORTHEAST KINGDOM Council on Aging**

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**Yak Traks**

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