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Jada Ruff  
Buffalo County Extension  
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### New Years Resolutions and Healthy Choices!

Have you thought about the New Year or made any New Years Resolutions yet? As we wrap up the holidays and start to think about the New Year, what a great time to start to incorporate healthy lifestyle changes into our daily routine. Make this year the year that you and your family lead a healthier lifestyle by following a few different tips and tricks.

#### **Tip #1: Prioritize Movement and Be Active**

It is important to be physically active your way. Start by picking a few activities you like such as walking, biking, running, etc. to incorporate into your daily routine. Adults should aim for at least 150 minutes of moderate-intensity aerobic activity each week and youth should do 60 minutes or more of physical activity daily to gain the most health benefits.

#### **Tip #2: Build a Healthy Plate by Following the MyPlate Guidelines**

- Make half of your plate fruits and vegetables
- Switch to low-fat or fat-free milk or yogurt
- Make at least half your grains whole grains
- Vary your protein sources

**Tip #3: Choose an Eating Style Low in Saturated Fat, Sodium, and Added Sugars**

An increase in the risk of certain chronic diseases can be linked to consuming foods high in solid fats, added sugars, and salt. Consuming less sugary drinks and opting for water or flavored water instead and/or selecting fruit for dessert, are all great ways to reduce the intake of added sugars. To reduce the consumption of salt in our diets, add spices or herbs to foods and dishes instead of adding salt. Moderation is key in sustaining a healthy lifestyle. Foods that should be eaten with caution include cake, cookies, ice cream, pizza, cheeses, sausages, hot dogs, etc.

This information was adapted from the UNL Food Website. To find out more information or want to learn more visit <https://food.unl.edu> or call Buffalo County Extension at 308-236-1235.

Jada Ruff  
Food, Nutrition, & Health Extension Education  
Nebraska Extension in Buffalo County  
1400 East 34<sup>th</sup> St Kearney, NE 68847  
308-236-1235