

Inside includes:
New Year, New Challenge!
Important January food
days and month themes
Citrus Nutrition and
Health Facts
Orange Delight Juice
recipe
Your local County
Extension Office contacts

SNAP-Ed News

TSU Cooperative Extension

January – March 2017



New Year, New Challenge!

It can be a challenge starting better eating and exercise habits, but it doesn't have to be. The USDA Dietary guidelines offer the following tips to help get your new year off to a good start!

- Eat foods from each food group daily
- Pre-cut raw vegetables like broccoli and carrots into small sizes. Keep them in clear containers in the refrigerator for quick snacks.
- Broil, grill, roast, or microwave meat, poultry, or fish instead of frying.
- Eat fruit for dessert.
- Pick low-fat or fat-free milk or yogurt.
- Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice and low-fat popcorn more often.
- Walk your kids to school
- Take the stairs, not the elevator
- Play activity games like tag or jump rope with your children.
- Help your kids be physically active at least 60 minutes on most days.

Start small and pick one or two of the above tips to add to your weekly routine. Before you know it, they will become habits. For more healthy information tips, contact your local County Extension Office.

Bean Day –
January 6

Apricot Day –
January 9

Granola Bar Day
– January 21

**January is
also...**

Canned Food
Month

Family Fit
Lifestyle Month

Fiber Focus
Month

Wheat Bread
Month



Try these fruits and vegetables during the Winter Season!

Grapefruit

Oranges

Lemons

Beets

Cabbage

Winter Squash

Kale

Find more information and recipes including these foods at:

<https://snaped.fns.usda.gov/nutrition-through-seasons/seasonal-produce>

Citrus Nutrition and Health Facts

Citrus fruits (orange, grapefruit, lemon, lime, etc.) are known for having high Vitamin C content, as well as containing other beneficial nutrients:

- Carbohydrates
- Potassium
- Folate
- Calcium
- Vitamin B₆

These nutrients can provide energy, prevent increases in blood glucose levels, be consumed as a means of obtaining daily fiber goals, and play a key roll in the formation of red blood cells, which can reduce your chances of anemia.

<http://www.fao.org/docrep/x2650T/x2650t03.htm>

Orange Delight Juice

Ingredients

- 1 cup orange juice
- 1/2 banana
- 1 cup apple juice
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 1 cup ice (crushed)

Instructions

1. Blend at high speed in blender until frothy.

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/orange-delight-juice>

Nutrition Facts

4 servings per container	
Serving size	
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*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.

For more information, please contact your local County Extension Office:

Davidson: (615) 862-5995

Hamilton: (423) 855-6113

Laurderdale: (731) 635-9551

Madison: (731) 668-8543

Rutherford: (615) 898-7710

Shelby: (901) 752-1207



TENNESSEE
STATE UNIVERSITY

Cooperative Extension