



## January

What's in season now? Winter! The season after our celebrations and friends and families. You may be dealing with extra pounds brought on by too much food and not enough activity during this celebration time. Don't despair – resolve to get moving more and eating smarter!

**Soups** can make good use of some of the vegetables that you may be keeping in your root cellar like potatoes, onions & garlic, parsnips, carrots, squash and pumpkin. And eating broth-based vegetable soups and more fruits and veggies can help you control your weight! Soup is a food high in volume (meaning: fills your stomach). Research has shown that eating soup as a first course can help people eat fewer calories in the remaining part of a meal. You can read an interview with the researcher who discovered this and coined the term, "Volumetrics" (this link also includes a recipe for a filling, low calorie corn chowder):

<http://lancaster.unl.edu/food/ftjan01.htm>

Read more about how eating fruits & veggies can help you manage your weight:

[http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rtp\\_practitioner\\_10\\_07.pdf](http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rtp_practitioner_10_07.pdf)

Recipe for *Quick Italian Vegetable Soup* using canned and frozen veggies (no chopping necessary!)

(Adobe Acrobat Reader required):

<http://www.healthynd.org/publications/Quick%20Italian%20Vegetable%20Soup%20Recipe.pdf>

Lots of healthy soup recipes offered by *Eating Well*:

[http://www.eatingwell.com/recipes/collections/healthy\\_soup\\_recipes.html](http://www.eatingwell.com/recipes/collections/healthy_soup_recipes.html)

**Tangerines** Don't let January get you in the doldrums –add some color and tang with tangerines! They are a citrus fruit with loose skins that are easy to peel. You might also see them labeled “Mandarins” or Tangelos. Whatever they're called, they're great for snacks, in salads, or for dessert. More about tangerines:

<http://www.sunkist.com/products/tangerines.asp>

A super simple recipe for a *Tangerine and Red Onion Olive Salad*:

<http://www.justfruitrecipes.com/printer/print-tang0002.html>

**Healthy New Year!**