



## Go Further With Food

March is National Nutrition Month so we want everyone to go further with food. Eating healthy can be easy and we provide workshops and a lot of information to individuals and families all across Person & Granville Counties helping them do just that. Reaching and maintaining a healthy weight contributes to your overall health and well being. Losing even a few pounds or preventing further weight gain has health benefits.

The main things people can do to help make themselves and their family healthier is cooking better. Simple things like using less salt, sugar, and fat in your cooking process helps. Instead of frying foods, trying baking, grilling, roasting, etc. Diabetes and heart disease are two of the highest and deadliest chronic diseases in the community. By making simple daily lifestyle changes, you can live a longer and healthier life.

As we move further into 2018, we challenge you to "Go Further With Food". Start by planning for life-long health, focusing on the long-term and not just short-term weight loss. Set realistic goals which will help you become more likely to succeed. Eat at least three meals a day and plan them ahead of time. Having a plan helps you achieve any goal. Everything in moderation and balancing your plate with a variety of colors and foods. Half of your plate should be fruits and vegetables, with 1/4 lean protein, and 1/4 with grains. Complete your meal with some low-fat dairy product. This is the MyPlate method which is online at <http://www.choosemyplate.gov>

Another helpful tip is being mindful of your food. This simply means that you need to sit down and focus on your food. Quit before you feel full because it takes about 20 minutes for your brain to get the message that you are full. Getting plenty of fiber also helps because fiber helps you feel full longer and lowers your risk for heart disease and diabetes.

Controlling your portion sizes is another easy way to manage your calorie intake. Snacks are okay but you must make them apart of your daily calorie allowance and limit them. And the last tip to help you make your food go further is to find balance between food and your physical activity. Physical activity helps control body weight as well as promotes well-being.

More helpful information and tips can be found online at <http://www.eatright.org> which is the website for the Academy of Nutrition and Dietetics.



### Chicken & Vegetables Serves 6

#### Ingredients

- 1 cup fresh mushrooms, sliced
- 2 carrots, sliced
- 2 onions, sliced
- 2 celery ribs, cut in 1" pieces
- 6 boneless, skinless chicken breast halves
- 1 1/2 cup water
- 1/2 tsp dried basil
- 2 tsp dried parsley
- Dash of red pepper flakes
- Black pepper
- Salt

#### Directions

Combine the vegetables in a crock pot. Place chicken on top of vegetables. Mix together the remaining ingredients in a mixing bowl and pour over chicken. Cook on high for 4-5 hours or low for 8-10 hours.

This vegetables in this dish can be doubled, but increase the cooking time by about 1 hour. This dish can be served as a stew or you can strain the broth and serve it on the side like a gravy.

Source - Cook Smart, Eat Smart

**NC COOPERATIVE  
EXTENSION**

NC Cooperative Extension  
Person & Granville Counties  
Family & Consumer Sciences  
(FCS) Extension Agent

Jennifer Grable  
[jennifer\\_grable@ncsu.edu](mailto:jennifer_grable@ncsu.edu)  
[facebook.com/personcountyfcs](https://www.facebook.com/personcountyfcs)

336-599-1195 (Person)  
919-603-1350 (Granville)