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## A New Year, A New You: Registered Dietitian Nutritionists Share Their Top Health Tips

Many people view the start of a new year as an opportunity to accomplish big goals: losing 20 pounds, running a marathon or hitting the gym every day at dawn. Such lofty goals, especially without a game plan on how to accomplish them, often fade from memory by spring.

National Spokespeople for the Academy of Nutrition and Dietetics encourage their clients to keep three ideas in mind when creating New Year’s resolutions for 2019: “Create an action plan. Pace yourself. Stay positive.”

### **CREATE AN ACTION PLAN**

“Create personal goals based on what actionable steps you can take to meet them,” says Debbie Petitpain, a registered dietitian nutritionist in Charleston, S.C. “Set an actionable goal of exercising three times a week and eating a piece of fruit after dinner instead of a piece of cake. Decide ahead of

time of what success looks like to you. Otherwise, how will you know when you’ve achieved it?” Pinpoint the reasons for your New Year’s resolutions, says Malina Linkas Malkani, an RDN in New York City. “Is your ultimate goal to feel better so you can be more present for your children? If so, it’s not the number on the scale but how you feel after making lifestyle changes. The more mindful your approach, the more likely you are to stick with a healthier lifestyle long-term.”

Consider holding off on lifestyle changes until mid-January to avoid stress, says Libby Mills, an RDN in Philadelphia. “Give yourself time to create a regular schedule so you can slowly incorporate healthy lifestyle changes as you go along.”

### **PACE YOURSELF**

“Slow and steady wins the race when it comes to improving your health,” says Angel Planells, an

RDN in Seattle. “Start with a small change and build from there. You can start with something as simple as eating an extra serving of a fruit or vegetable per day.” “Focus on creating a lifestyle change instead of resolving to a short term, quick-fix diet,” says Rahaf Al Bochi, an RDN in Atlanta. “Fad diets are not sustainable and may result in disordered eating and unhealthy relationships with food. Instead, focus on healthful foods you can add to your diet instead of foods you want to remove.”

### **STAY POSITIVE**

Do what makes you happy, says Cordialis Msora-Kasago, an RD in Los Angeles. “There is no sense in adding tofu and kale to your plate in the name of good health if they make your tummy churn. Eat nutritious foods you like, and choose physical activities you love.

You’ll have more success maintaining your healthier lifestyle if you are enjoying yourself.” Don’t give up, says Sandra Arevalo, an RDN in New York City. “Every new day is a new opportunity to focus on your goals and appreciate your achievements.” All Academy of Nutrition and Dietetics Spokespeople say: Spend time with people who share your desire to become healthier. Positivity will inspire you to stay on track.

Source <https://www.eatrightpro.org/media/press-releases/new-in-food-nutrition-and-health/new-year-recommendations>



# 30 Powerful Personal Benefits of Volunteering in Your Community



## *Volunteerism strengthens communities*

So you've heard that you should volunteer some of your time, but haven't quite gotten around to doing it. Understandably, it can be tough to find the extra time if you work one or more jobs, go to school, have family obligations, and try to squeeze in some important you-time, too.

If your schedule is crunched, look for ways to combine some of your other activities with community service. For example, do it with a friend or family member you want to spend time with, or look for volunteer opportunities that give you college credit.

Volunteering isn't just an investment in your community and in other people; it's also an investment in yourself. Obviously, when you contribute your time and enthusiasm to a cause, you provide great benefits to others. But don't overlook the many personal benefits of getting involved in community service—there's nothing wrong with wanting your efforts to pay off personally as well.

### Why Volunteer: Personal Benefits

Here are just some of the major advantages to taking part in community service:

1. Learn practical new skills and improve your existing ones
2. Enhance critical thinking and problem-solving abilities

3. Boost your communication skills
4. Build leadership and teamwork skills
5. Gain insights into your own strengths and weaknesses
6. Develop new interests and passions
7. Meet new people with similar interests
8. Make meaningful new friendships
9. Connect with professionals who may have opportunities for you now or in the future
10. Build your resume with valuable experience and proof of character
11. Build your college and/or scholarship applications in similar ways
12. Discover an unexpected career path
13. Enjoy a change of scene
14. Get some additional physical activity
15. Become more stimulated and engaged with life
16. Reduce your stress levels
17. Improve your mood, outlook, and general satisfaction
18. Feel pride and boost your self-esteem for doing some good
19. Experience a powerful sense of purpose
20. Find creative inspiration
21. Further causes you believe in
22. Encourage your own sense of social responsibility and social justice
23. Become a more informed voter and activist
24. Expose yourself to different people from different walks of life
25. See past stereotypes about other groups through firsthand experience
26. Build a more well-rounded perspective on life and issues
27. Gain genuine, well-deserved admiration while setting a positive example
28. Fulfill community service requirements for school
29. Get your friends and family involved and watch them enjoy similar benefits
30. Live in a healthier, happier, more supportive and united community

Source: <https://www.winterparkha.org/30-powerful-personal-benefits-volunteering-community/>



# Bacon Has Its Day

## On National Bacon Day, learn more about its growing popularity

National Bacon Day was Dec. 30, but many Americans celebrate this tasty slice of life most days and in more ways than ever before.

The [National Pork Board](#) reported U.S. consumption of bacon increased 2.4% from 2001-2013, with Americans consuming about 1.1 billion servings of bacon annually.

## Bacon makes it better

Pork belly, the cut of meat that produces bacon, is found on 8.7% of U.S. menus, a 59% increase in the number of restaurants serving products from the cut since 2014. Bacon is served in seven out of 10 U.S. restaurants.

The board's report also indicates bacon's increased demand over the last few decades is due to its growing appeal beyond breakfast. Today, bacon can be found on, in or wrapped around everything from other meats like filet mignon to treats like ice cream.

"Bacon has definitely moved beyond the breakfast table," said Ray Riley, director of the Texas A&M University [Rosenthal Meat Science Center](#), College Station. "It's because everything tastes better with bacon."

Source: <https://agrilifetoday.tamu.edu/2019/12/26/bacon-has-its-day/>

Riley has witnessed the shift at the center's retail store, which offers a variety of meats including bacon, filet mignon, spare ribs and lamb chops – all mostly produced within the university's [animal science department](#).

"We historically supply the retail store with bacon products based on harvests, which remain the same year after year," he said. "But now I have to buy pork bellies to supplement our supply in order to have bacon year-round."

## Bacon is king

Davey Griffin, Ph.D., [Texas A&M AgriLife Extension Service](#) meat specialist, College Station, said he can't explain bacon's skyrocketing popularity beyond agreeing with Riley.

"Bacon is pretty darn good," he said. "It's amazing what pork bellies have done in the last several years. They've outpaced every other pork product and become the most valuable cut. Even when we see rises in belly prices, the public takes it in stride because they want their bacon."

Sliced bacon prices have been relatively stable since 2017, he said. In November, sliced bacon was \$5.50 per pound nationally, according to the U.S. Department of Agriculture retail reports. It was \$5.79 per pound in

November 2018 and \$5.70 per pound at the same time in 2017.

Concerns that China's demand for pork could cause a [bacon shortage](#) as that nation deals with African swine flu and major losses to their herd are likely more hype than reality, Griffin said. U.S. pork production and pork belly cold storage levels are at all-time highs, and two new pork production facilities opened in 2019.

But higher bacon prices are not out of the question, he said. Pork bellies are the most in-demand cuts, and market pressures on pork carcasses could affect their value.

Griffin said pork bellies have moved ahead of hams, loins, Boston butts and picnic shoulders – cuts traditionally graded by the USDA for marketing purposes.

"It's interesting that pork bellies didn't register that high on the list of cuts for so long, and now bacon is king," he said. "It is hands down the top pork product."



### WHAT IS BACON?

- Broadly defined, bacon refers to a category of **CURED AND PROCESSED PORK BELLIES** made into strips or circular-products.<sup>1</sup>
- USDA defines bacon as the **CURED BELLY** of a swine carcass.<sup>1</sup>
- Bacon refers to **DIFFERENT CUTS IN DIFFERENT COUNTRIES**.
- English, American and Italian bacon comes from the belly of the pig.
- **CANADIAN BACON** is not really bacon but instead is fully cooked smoked pork loin.



**62%**  
of restaurants  
have bacon  
on the menu





## Chicken and Brussels Sprouts with Apple Cider Sauce

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## Lampasas County News

The county **Stock Show** begins this week. Come by and support the 4-Hers and FFA members.

A program **Powerful Tools for Caregivers** begins Tues, Jan. 7 at 1 p.m. at the Lampasas Sr. Center. It is free and is 1 1/2 hours a week for 6 weeks.

**A Matter of Balance** begins Feb. 17 at the Lometa Sr. Center. It will be 2X a week for 4 weeks 12:30–2:30. It is free. Call to reserve a spot.

For the 2nd year the **Master of Memory** series will begin Feb. 18 10-11:30 for 4 sessions at the Co. Annex Conf. Room. Cost will be \$15/ person and \$25/couple. Call to reserve a spot.

The Lampasas Extension Education Club will host a program on using an **Instant Pot** on March 5 at 1:30 at the County Annex.

### Ingredients:

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar

### Directions:

1 Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the Brussels sprouts, apples, red onion and rosemary sprigs with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.

2 Meanwhile, heat 1 tablespoon butter in a large ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.

3 Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1 tablespoon butter and the vinegar; season with salt and pepper.

4 Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken. Source: <https://www.foodnetwork.com/recipes/food-network-kitchen/chicken-and-brussels-sprouts-with-apple-cider-sauce-4555097>

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