



Stay healthy throughout the year by eating all of the food groups of the MyPlate. Try new foods and seasonings like this brown rice sushi recipe!

Include more physical activity this year, 30 mins per day, 5 days per week. Ex: bowling, gym, taking down decorations!

Brown Rice Sushi

Makes 9 servings

Ingredients:

3 cups **Brown Rice** raw

3 cups **Water**

4 tablespoons **Rice Vinegar**

1 teaspoon **Sugar**

5 **Cucumbers**

1 **Avocado**

1/2 **Pickled Daikon** known as oriental radish, small

12 **Shrimp** medium, shelled, and de-veined

3 **Nori Sheets** (*can substitute with romaine lettuce)

Instructions:

1. Using a measuring cup, measure 3 cups of brown rice. Lightly rinse in water. Drain out water after wash. Cook according to rice cooker instructions for regular brown rice.

2. After rice is cooked, pour into a large pan or tray, add rice vinegar and sugar to cooked brown rice. Mix well.

3. Wash pickled daikon and cucumbers and cut each one into 6 long strips.

4. Cut avocado in half, remove skin and pit, and cut each half into 6 slices.

5. Boil shrimp in hot water until cooked, when shrimp turns pink. Set aside.

6. Place Nori sheet horizontally in front. Spread rice evenly on sheet; place 2 cucumber strips, 2 pickled daikon strips, 2 pieces avocado & 2 shrimp in the middle of rice.

7. Roll up tightly using sushi rolling mat. Cut sushi approximately 3/4 inches in width and serve.

Nutrition Facts: Calories 291, Total Fat 4g, Saturated Fat 1g, Sodium 69mg, Total Carbohydrate 57, Dietary Fiber 4g, Protein 8g



Photo and recipe adapted from
Eatfresh.org/Eatfresh.org

January is National Fiber Focus Month

- Fiber helps to keep us full and keep you regular.
- Eat whole grains to get more fiber in your diet.

WHOLE GRAIN, WHOLE DAY!

Dietary guidance around the world encourages people to eat more whole grains.

It's easy to fit them into your busy day!

@oldways_pt

7 AM: Quick Breakfast

WHOLE GRAIN CEREAL

Start your day with energy!
Serve cold with milk and fruit.



11 AM: Meeting Pick-Me-Up

GRANOLA PARFAIT

Alternate layers of plain yogurt, fruit, and low-sugar granola for a morning snack.



5 PM: Pre-Workout Snack

HEALTHY TRAIL MIX

Mix together whole grain cereal, seeds, nuts, and dried fruit for grains on-the-go!



7 PM: Dinner Time!

WHOLE GRAIN PASTA

Toss cooked pasta with tomato sauce, spices, and veggies like spinach or mushrooms.



WHOLE GRAIN, WHOLE BENEFIT.

Eat whole grains for **vitamins**, **minerals**, and **fiber**.



IN THE BRAN

antioxidants, B vitamins, fiber

IN THE ENDOSPERM

starchy carbohydrates, proteins, small amounts of vitamins and minerals

IN THE GERM

B vitamins, protein, minerals, healthy fats

Whole grains **help reduce** your risk of:

HEART DISEASE



DIABETES



CERTAIN CANCERS



Discover more about whole grains at
WholeGrainsCouncil.org

Hot Apple Orange Cider

Makes: 12 servings

Ingredients:

64 ounces **100% apple** juice (8 cups)

32 ounces **water** (4 cups)

2 **oranges**

12 **whole cloves**

2 **allspice pepper-**
corns

6 **cinnamon sticks**

Instructions:

1. In a 4 quart stock pot, add apple juice, water, oranges (cut in half) and all the spices.
2. Bring to a boil and simmer for 2 hours.
3. Serve hot and enjoy!
4. Refrigerate leftovers within 2 hours.

Notes

- Spices sold in the bulk section may be less expensive than packaged and you can just buy the amount you want.

Nutrition Facts: Serving size: 1 cup; 0 Calories; 0g Total Fat; 0g Saturated Fat; 0mg Sodium; 0g Total Carbs; 0g Dietary Fiber; 0g Added Sugar; 0g Protein

Photo and recipe adapted from www.foodhero.org



Popcorn Day

January 19th, 2024

Kettle Corn

Popcorn is a whole grain!

Makes: 8 servings

Ingredients

½ cup **popcorn kernels**

¼ cup **canola oil**

¼ cup **sugar**



Instructions

1. Heat canola oil in a large pot over medium-high heat, along with 4 popcorn kernels.
2. Once all 4 kernels have popped, add rest of kernels and sugar, and stir quickly.
3. Put lid on pot, then shake pot continuously over heat (to prevent burning) until popping slows and stops.
4. Remove from heat.

Nutrition Facts: Serving Size: 2 cups
Calories: 150, Total Fat: 8g, Saturated Fat: 0.5g
Protein: 2g, Sodium: 0mg, Carbohydrates: 19g
Added Sugar: 6g, Fiber: 2g

Photo and recipe adapted from www.snap4ct.org



Start your new year off by focusing on creating healthy habits for yourself.

- **Pick up a new hobby like yoga, dancing or cooking.**
- **Learn a new recipe to share with others. You can find some fun recipes and resources on our social media platforms and at www.SNAPedNY.org**

- **Follow us on social media for more healthy tips:**

Facebook: @SNAPedNewYork

Instagram: snapedny

YouTube: SNAP-Ed NY

Cornell Cooperative Extension provides equal program and employment opportunity. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.

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