



fresh &
HEALTHY

WINTER



Hot, Hearty and Healthy

Nothing helps beat the chill of winter like a nice hot bowl of soup, chili or stew. Hot, hearty winter comfort foods help to warm us up, but they can also weigh you down with lots of fat and calories. To make your winter favorites part of a healthy diet, just keep these simple tips in mind:

Hot & hearty can be healthy too

The good news is that some of your favorite winter foods are already good-for-you because of their ingredients. So try to put more 'healthy comfort foods' on your table. Look for soups, casseroles, chilies and hot entrées made with healthier ingredients like chicken broth (instead of cream), vegetables, beans, turkey or lean meats and whole grains.

Little changes can make a big difference

Making a few small changes in your kitchen can help. To reduce the fat and calories in your favorite winter foods try replacing cream in recipes with regular or low fat milk; use healthy oils like olive or canola for sautéing instead of butter; top chicken or turkey with fruit chutneys or glazes; and use leaner meats and lots of vegetables in your chilies, soups and stews.

Indulge the healthy way

Some winter comfort foods are perfect the way they are. Many rich casseroles, creamy soups, or beefy stews just don't taste the same with lower fat ingredients. So enjoy the "real thing" – just indulge the healthy way. Treat yourself to smaller portions of your favorites and enjoy them once or twice a week, instead of every day.

Enjoy winter's hot and hearty comfort foods as part of your healthy diet.

Make it Hot and Healthy

Soups

Keep your soups naturally lower in fat; load them up with beans, veggies and whole grains, but skip the cream, butter or bacon. Make sure to trim fat off any meats and use chicken breast rather than thighs. Choose favorites like minestrone, vegetable, split pea, chicken noodle, winter squash, black bean or beef barley for a healthier way to warm up.

Casseroles

Your casseroles can be lower in calories and tastier than ever with lower fat ingredients. Try sweet potato casserole without adding butter or use mushroom barley soup in your green bean casserole. Lighten up your macaroni & cheese using lower fat milk. With less fat, your casseroles can be hot and healthy.

Stews

Give your favorite chili a health lift. Use ground turkey or make it vegetarian with tomatoes, pinto beans and corn. Beef stew is another cold weather favorite. Make sure to use lean meat and simmer your stew with lots of carrots, mushrooms and other vegetables to make a nutritious, hearty meal under 500 calories.

Entrees

Keep calories and fat at bay with healthy preparation methods and leaner cuts of meat. You can cut up to half the fat from your favorite meatloaf recipe, just replace the ground beef with turkey. For flavor with less fat, grill beef top round or sirloin with a hot mustard rub, or top your roasted pork loin with cranberry glaze.

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HEALTHY Lifestyles


As the winter days and weeks pass, sticking with the New Year's resolutions we made such a short time ago seems harder and harder. Research shows that many of us don't follow through on our resolutions. Here are some tips to help you reach your goals:




Be Realistic

Sometimes our resolutions seem like a good idea at the time, but are almost impossible to achieve. The first step to getting back on track is reexamining whether your goals were realistic. Take some time to rethink your plan and set goals that you can stick with.


Live Your Resolution – Every Day!

 Don't put off starting until tomorrow. Successful resolutions are those that you can begin right away and stick with day by day. For example, if your goal is to eat more fruits and vegetables, make a list of all the green veggies that you like and plan to include them with your meals every day for a week. Breaking things down into manageable pieces can help you reach your goals, one step at a time.

Don't go it alone

We all need a support team. Do you have one? If the answer is no, try to find family or friends that can help you stay on track. Your support team can be co-workers who share your goal or family members who help you at home. When you share your goals with those who matter in your life, you don't have to go it alone. 

Reward yourself

 When you succeed, you should feel like a winner, so plan a reward that's something personal and meaningful. Make sure your reward is special for you, but remember that rewards should never be food related. Choose something else that you really want, and work towards it.

Sticking with your resolutions can be challenging. But by making small changes every day, you can get on the path to success. Reaching your goals won't necessarily be easy, but it's worth the effort.

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

Roasted Tomato & Barley Soup

Serves 8 (8oz servings)

Ingredients:

- 1 28oz can diced tomatoes, un-drained
- 2 cups large onions, diced
- 2 large garlic cloves, minced
- 2 tablespoons olive oil
- 4 cups Swanson[®] natural goodness chicken broth
- 1 cup celery stalks (approximately 2), diced
- ½ cup uncooked pearl barley
- 2 tablespoons chopped fresh parsley

Preparation:

1. Heat oven to 425°F.
2. Drain tomatoes, preserving the juice. Place tomatoes onions and garlic into a 17 X 11-inch roasting pan. Pour the oil over the vegetables and toss to coat. Bake for 25 minutes.
3. Place the roasted vegetables into a 3 quart saucepan. Stir in the reserved tomato juice, broth, celery and barley and heat to a boil. Reduce the heat to low. Cover and cook for 35 minutes or until barley is tender. Stir in the parsley.

NUTRITIONAL INFORMATION *per serving*

Calories: 120	Protein: 4g	Cholesterol: 0mg
Sodium: 425mg	Carbohydrates: 18g	Saturated Fat: 1g
Total Fat: 4g	Dietary Fiber: 4g	

