



## ***Nutrient-Rich New Year's Resolutions***

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The Nutrient Rich Foods (NRF) approach to eating is a great way to start the New Year healthy and happy. Instead of focusing just on what foods to avoid, make your choices based on the total nutrient package of a food or a meal, including the vitamins, minerals, protein and fiber it contains. Following the Nutrient Rich Foods approach is a positive, realistic way to think about eating that can provide a fresh jump start for the New Year by shifting the focus from foods to *avoid* to foods you can *enjoy*. Here are some tips:

1. Start every day with a nutrient-rich breakfast, such as a spinach, tomato and pepper omelet with lean ground beef and serve it with whole wheat toast, or oatmeal made with low-fat milk and topped with dried fruit and nuts.
2. Shop the perimeter of the grocery store to find nutrient-rich foods; focus on the produce section and dairy, meat and seafood cases.
3. Encourage your family to try a new and out-of-the-ordinary food each week, such as arugula, lentils, low-fat ricotta cheese, avocados or kiwifruit.
4. Make your plate more colorful by including more bright fruits and vegetables in every meal.
5. Instead of frying or sautéing meat, choose to grill or broil lean pieces of chicken, pork or beef.

6. Try low-fat or fat-free milk.
7. Stock desk drawers at work with instant oatmeal packets, light microwave popcorn, raisins, dried apricots and single-serve containers of peaches or pears packed in water or juice.
8. At the drive-thru choose nutritious options such as entrée salads with grilled chicken and low-calorie dressing, yogurt parfaits with fresh fruit, or beef and bean burritos with lettuce and tomato.
9. Trade soda for 100% fruit juices or low-fat milk.
10. Instead of eating out, bring the family closer by working together to try a new nutrient-rich recipe at least once a week. Visit [www.NutrientRichFoods.org](http://www.NutrientRichFoods.org) for meal ideas and recipes.

For more information, contact a registered dietitian at [www.eatrightwv.org](http://www.eatrightwv.org).

### **WHITE BEAN CHOWDER WITH MILK**

*Recipe created by 3-A-Day™ of Dairy*

Makes 6 servings

Prep time: 15 minutes

Cook time: 20 minutes

#### Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 2 (15-ounce) cans white cannellini or Great Northern beans,  
drained
- 1 (4-ounce) can diced green chilies
- 1 cup frozen corn kernels
- 1/2 cup grated carrot
- 1/4 cup diced celery
- 1 cup low-sodium chicken broth
- 1 tablespoon ground cumin
- 2 teaspoons chili powder

- 1/2 teaspoon salt (optional)
- 2 cups fat-free or low-fat milk
- 1 tablespoon cornstarch
  - 1 cup shredded reduced-fat Cheddar cheese, divided
- 4 tablespoons fresh chopped cilantro (optional)

In a large saucepan, stir together oil, onion and garlic over medium heat until onion is softened, about 5 minutes. Add 1 can of beans and mash into onion mixture with a potato masher or a slotted spoon (mixture will be chunky).

Stir in second can of beans, green chilies, corn, carrot, celery, chicken broth, cumin, chili powder and salt, if desired; bring mixture to a simmer. Blend cornstarch into milk and stir into chowder; bring slowly to a boil, stirring frequently. Reduce heat and simmer 5 minutes, or until corn and celery are tender and mixture thickens. Stir in 1 cup of the cheese just until melted.

Serve in individual bowls and top with fresh chopped cilantro, if desired.

**Nutrition Facts per serving for main dish recipe:**

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Calories	270
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	370 mg
Calcium	30% Daily Value
Protein	17 g
Carbohydrates	38 g
Dietary Fiber	8 g

