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## Learn How to Make your New Year's Resolution a Reality - New Dietary Guidelines!

The sixth edition of Dietary Guidelines for Americans was recently released by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture. These new recommendations could help you and your family stay healthy this year, and possibly even make your New Year's Resolutions come true. The latest edition provides Americans with guidance on making smart choices from every food group and finding a balance between eating and physical activity.

For more information please visit:  
[http://www.smallstep.gov/sm\\_steps/new\\_dietary\\_guidelines.html](http://www.smallstep.gov/sm_steps/new_dietary_guidelines.html)

## Healthy Lifestyles for the Whole Family

New informational guide for parents available for download

A Parent's Guide to Healthy Eating and Physical Activity addresses the growing number of unhealthy kids in America today. Download the guide today to find out new and exciting ways to improve the health of your entire family. The guide contains healthy recipes, money-saving shopping tips, ideas for activities, and much more.

Click below to download your copy:  
[http://www.smallstep.gov/sm\\_steps/news\\_updates.html](http://www.smallstep.gov/sm_steps/news_updates.html)

## Valentine Tips

Love is in the air! Here are some small steps that you and your loved ones can keep in mind for Valentine's Day - to make sure your holiday is both happy and healthy! Enjoy!

### Small Steps for Lovers:

- 7. Eat half your desert (SHARE!).
- 55. Dance to music.
- 65. Choose fruit for desert.
- 69. Share an entrée with a friend.
- 85. When eating out, choose a small or medium portion.
- 112. Ask your sweetie to bring you fruit or flowers instead of chocolate.

Read all 118 steps at [www.smallstep.gov](http://www.smallstep.gov)!

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### DID YOU KNOW...

It's hard to judge the calories in food. For instance, a can of regular soda can have more sugar than a slice of cake!

Housework, at a moderate level of exertion, can burn up to 300 calories an hour?

You need to burn 3,500 calories to lose a pound of body weight?

Our **Activity Tracker** can help you set and reach your goals!

### small step #87

Ask for salad dressing "on the side".

[View all Small Steps](#)

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## Recipes with Love

### Breakfast in Bed - Cinnamon-Sprinkled French Toast

Small Step #79: Don't skip breakfast.  
Makes 2 servings (1 slice)

#### Ingredients:

- 2 large eggs
- 2 Tbsp. fat-free milk
- ½ tsp. Ground cinnamon, or to taste
- 2 slices whole wheat bread
- 1 tsp. Butter or margarine
- 4 tsp. Light pancake syrup

#### How to Make:

Crack 2 eggs into flat-bottomed bowl. Thoroughly whisk in milk and cinnamon. Dip bread slices, one at a time, into egg mixture in bowl, wetting both sides. Re-dip, if necessary, until all the egg mixture is absorbed into the bread.

Meanwhile, heat large, non-stick skillet over medium heat. Add butter. Place dipped bread slices in skillet. Cook for 2 ½ to three minutes per side, or until both sides are golden brown. Drizzle each with syrup. Serve warm.

### A Romantic Appetizer - Croquettes

Small Step #91: Bake or broil fish.  
Makes 24 croquettes, cut recipe in half for 2 people

#### Ingredients:

- 5 oz. (2 cups) fat-free or reduced-fat wheat crackers
- 1 small yellow onion, very finely chopped
- 2 Tbsp. chopped fresh parsley (or 1 Tbsp. dried)
- 1 tsp. Chopped fresh rosemary (or ½ tsp. Dried)
- ½ tsp. Garlic powder
- ¼ tsp. Black pepper or to taste
- 2 (7.5 oz.) cans pink salmon, bones removed
- 2 large eggs, beaten

#### How to Make:

Preheat oven to 375 degrees Fahrenheit. Place crackers in a medium bowl. Crumble crackers into crumbs with hands. Alternatively, mash crackers with fists in a sealed plastic bag, then add to bowl. Stir in onions, parsley, rosemary, garlic powder and pepper. Then plop in salmon with juice and beaten eggs. Mix well with large spoon.

Form the salmon mixture into approximately 24 golf ball-size croquettes. (Hint: Wet your hands first to prevent sticking.) Place on a nonstick pan. Spray each croquette with cooking spray until evenly coated. Bake for 20-30 minutes, or until golden brown.

**OPTIONAL:** Make a yogurt-dill dressing to serve with croquettes. Stir together 1 (6-oz.) container plain, fat-free yogurt with 1 ½ tsp. Dried dill weed; serve alongside the warm croquettes, if desired.

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For more great recipes, download the Parent's Guide to Healthy Eating and Physical Activity.  
Click here for more [http://www.smallstep.gov/sm\\_steps/news\\_updates.html](http://www.smallstep.gov/sm_steps/news_updates.html)