



## 2023 WEEK TWO



### In This Issue

Motivation – Internal or External?  
Change Your Brain – Head Outdoors  
MyPlate Eating Style  
Recipe: Extra Veggie Steak Stir-Fry

### Coming Next Week

Why Strength Matters  
Tiny Habits  
Sleep Hygiene  
Eating the Med Way  
Recipe: French Potato Salad

### Motivation – Internal or External?

What is motivation? It can be what drives you to maintain or achieve goals. Or, you might say it is a form of desire. It is important to know where your motivation comes from. It could be external things that motivate you or internal desires that drive you.

External motivators are usually what you rely on when it comes to exercise. Think of a carrot and a stick. You lure yourself to exercise with the carrot – “You’ll lose weight!” – or you hit yourself with an invisible stick – “You’ll get fat if you don’t exercise!” With this type of motivation, you are not exercising because you like it. Rather, it will result in what you want sometime in the future.

Extrinsic motivation is not always bad, if it works. But what if it doesn’t give you what you want? What if you don’t have genetics to achieve a certain size or weight? What if you can’t exercise enough to get the bathing suit body you want? This is when motivation slides.

There is another type of motivation that is internal, something that is important to you now and not some future goal. Perhaps your motivation is that exercise feels good, it helps relieve stress, and as your body gets stronger you can do more than you did before.

Identify some things that you value most in your life and think about how sitting less and moving more can contribute to those values. Some examples: “I value being a productive employee and I know that taking a daily walk helps me feel less stressed and more focused at work. “I value time with my grandchildren. I know that stretching, doing strengthening exercises and walking will help me be more active with them.”

External motivators can be fleeting, but internal motivators have staying power. This week, focus on your values and what motivates you from within.

# Change Your Brain – Head Outdoors

Exposure to nature has been linked to a host of benefits! Research shows that your brain benefits from even short stays outdoors and that brain structure and mood improve. An outdoor break can help improve attention, lower stress, and can even boost your empathy and cooperation. Tap into the healing powers of Mother Nature and get outside!

## MyPlate Eating Style

MyPlate is designed to help consumers make better food choices. Recommendations are based on the Dietary Guidelines for Americans ([www.dietaryguidelines.gov/](http://www.dietaryguidelines.gov/)) and it illustrates the five food groups using this familiar mealtime visual, a place setting.

Healthy eating is important at every stage of life. Positive impacts from eating healthfully add up over time so make every bite count! Keep the attached mini-poster handy for quick reference to MyPlate guidelines

You will find a wealth of information and helpful tools at [www.myplate.gov](http://www.myplate.gov) including a link to the Start Simple app that allows you to pick simple goals and track your progress. The five food groups with targeted amounts (2,000 calories/day) include:

**Fruits** — focus on whole fruits; 2 cups/day

**Vegetables** — Vary your veggies; 2½ cups/day

**Grains** — Make half your grains whole; 6 ounces/day






**Protein** — Vary your protein (beans, soy, seafood, lean meats, poultry, unsalted nuts and seeds) and select seafood twice/week; 5½ ounces/day

**Dairy** — Move to low-fat or fat-free dairy milk or yogurt (or lactose free dairy or fortified soy versions); 3 cups/day

MyPlate guidelines also include these limits: Added sugars (less than 50 grams/day), saturated fat (less than 22 grams/day), and sodium (less than 2,300 mg/day).

Notice the recommended protein amount is what some people eat in just one meal. MyPlate is shifting toward a more plant-based eating style. You can still enjoy steak, for example, but in smaller amounts. This recipe supports a shift toward more vegetables and less meat.

### DAILY FOOD GROUP TARGETS

				
<p>Focus on whole fruits like fresh, frozen, canned, or dried.</p> <p>Buy fruits to have them available to add to your meal or eat as a snack. If you buy juice, select 100% fruit juice.</p> <p><b>2 CUPS</b></p> <p><b>1 cup counts as:</b></p> <ul style="list-style-type: none"> <li>1 small apple</li> <li>1 large banana</li> <li>1 cup grapes</li> <li>1 cup sliced mango</li> <li>½ cup raisins</li> <li>1 cup 100% fruit juice</li> </ul>	<p>Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps. Fresh, frozen, and canned count, too. Look for “reduced sodium” or “no-salt-added” on the label.</p> <p><b>2½ CUPS</b></p> <p><b>1 cup counts as:</b></p> <ul style="list-style-type: none"> <li>2 cups raw spinach</li> <li>1 cup cooked collard, kale, or turnip greens</li> <li>1 small avocado</li> <li>1 large sweet potato</li> <li>1 cup cooked beans, peas, or lentils</li> <li>1 cup cut cauliflower</li> </ul>	<p>Choose whole-grain versions of common foods such as bread, pasta, and tortillas. Not sure if it’s whole grain? Check the ingredients list for the words “whole” or “whole grain.”</p> <p><b>6 OUNCES</b></p> <p><b>1 ounce counts as:</b></p> <ul style="list-style-type: none"> <li>1 slice of bread</li> <li>½ cup cooked oatmeal</li> <li>1 small tortilla</li> <li>½ cup cooked brown rice</li> <li>½ cup cooked couscous</li> <li>½ cup cooked grits</li> </ul>	<p>Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.</p> <p>Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.</p> <p><b>5½ OUNCES</b></p> <p><b>1 ounce counts as:</b></p> <ul style="list-style-type: none"> <li>1 ounce cooked lean chicken, pork, or beef</li> <li>1 ounce tuna fish</li> <li>¼ cup cooked beans, peas, or lentils</li> <li>1 Tbsp peanut butter</li> <li>2 Tbsp hummus</li> <li>1 egg</li> </ul>	<p>Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.</p> <p>Lactose intolerant? Try lactose-free milk or a fortified soy beverage.</p> <p><b>3 CUPS</b></p> <p><b>1 cup counts as:</b></p> <ul style="list-style-type: none"> <li>1 cup dairy milk or yogurt</li> <li>1 cup lactose-free dairy milk or yogurt</li> <li>1 cup fortified soy milk or yogurt</li> <li>1½ ounces hard cheese</li> <li>1 cup kefir</li> </ul>

# Extra Veggie Steak Stir Fry

Makes 4 Servings

## Ingredients:

12 ounces steak (sirloin, skirt, or flank) thinly sliced  
3 tablespoons olive oil, divided  
2 cloves garlic, minced  
2 medium carrots, peeled and sliced into 1/4-inch coins  
½ pound asparagus, ends trimmed, sliced into 2-inch pieces  
1 medium red bell pepper, thinly sliced  
1 medium yellow bell pepper, thinly sliced  
6 ounces snow peas  
2 cups prepared brown rice

## Stir Fry Sauce ingredients:

½ cup low-sodium soy sauce  
2 tablespoons vinegar (rice, white, or apple cider)  
2 tablespoons orange juice  
2 tablespoons honey  
2 teaspoons cornstarch  
2 teaspoons sesame oil



## Directions:

1. Wash hands with soap and water.
2. Prepare produce and rinse under cold running water. Slice carrots, bell peppers, and asparagus. Remove strings from snow peas. Place prepared produce into three containers so they are ready to add to the stir fry: carrots, bell peppers, snow peas and asparagus combined. Peel and mince garlic and place in a small container.
3. Slice steak against the grain into ⅛-inch to ¼-inch thick slices. Wash hands with soap and water.
4. Combine all stir fry ingredients in a small bowl or 1-cup liquid measuring cup. Whisk until combined and set aside.
5. Heat a 12-inch skillet or large wok over high heat; add 2 tablespoons olive oil, then add carrots and sauté 2 to 3 minutes, stirring continually. Add the bell pepper and sauté 2 to 3 minutes more; then add snow peas and asparagus and stir fry all vegetables an additional 3 minutes. Remove cooked vegetables from pan/wok and hold in a large bowl.
6. Add remaining tablespoon of oil to pan; add the steak and stir fry until medium rare (3 to 4 minutes.)
7. Add the vegetables back to the skillet along with the minced garlic. Cook for 1 to 2 minutes, stirring continuously. Give stir fry sauce another whisk or stir and pour into pan with steak and vegetables. Stir fry until the sauce thickens and vegetables are bite tender, 2 to 3 minutes.
8. Remove from heat and serve immediately over ½ cup rice for each serving.

## Nutrition Information per serving:

500 calories; 22g total fat (6g saturated fat, 0g trans fat); 50g carbohydrates; 25g protein; 6g fiber; 1160mg sodium; 14g sugar.

Like us on Facebook:  
Kansas State University Walk Kansas

This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist  
Family and Consumer Sciences, K-State Research and Extension

## Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer. Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact the Director of Institutional Equity, Kansas State University, 103 Edwards Hall, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.