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3 POPULAR EATING PLANS YOU'LL SEE IN THE NEW YEAR

(Family Features) If you're thinking about revamping how you eat in the new year, you might want to think twice about the trendy dairy-free plans that crop up on your social media feed - as they could leave you missing out on nutrients you need.

Three of the most popular and health-promoting eating plans of the moment - the Mediterranean Diet, Dietary Approaches to Stop Hypertension (DASH) Diet and Flexitarian Diet - all include dairy milk as an important component, and according to a study in the "Journal of the American Dietetic Association," it's hard to get nutrients you need without it.

New research also suggests adding an extra serving of dairy to the Mediterranean Diet makes it even more nutritious, boosting amounts of calcium, vitamin D and potassium without exceeding recommendations for nutrients to limit, like saturated fat and sodium, according to a study published in "The Journal of the American College of Nutrition." A second new study found not only does incorporating more dairy improve the quality of the diet, it benefits health, as well – specifically improving blood pressure and levels of good cholesterol (HDL) compared to a standard low-fat diet, according to research in "The American Journal of Clinical Nutrition." While the Mediterranean Diet typically includes around two servings of dairy a day, these studies built in 3-4.

The DASH Diet, long known for its positive effects on heart health, includes three servings of low-fat or fat-free dairy per day. Good news for fans of whole milk: it may be just as effective when it includes full-fat dairy, too, according to recent research in "The American Journal of Clinical Nutrition." Researchers found a DASH diet that included whole milk and other full-fat dairy products lowered blood pressure just as much as the traditional version.

As a high-quality, complete protein, dairy milk is also an important part of the Flexitarian Diet, which encourages more plants and less meat. Many plant-based proteins are incomplete, which means they don't provide some of the building blocks your body needs. Dairy milk is also an important source of calcium, as substituting milk with non-dairy calcium sources like fortified soy milk or leafy greens can lead to gaps in other key nutrients such as protein, vitamin D, phosphorus, riboflavin, potassium, magnesium, vitamin A and vitamin B12, according to a study in the journal "Nutrition Research."

Instead of eating in a way that could leave you at risk of nutrient deficiencies, opt for a more balanced approach to the new year and consider a plan that includes dairy milk. Visit MilkLife.com for more information and milk-inspired recipes.



5 TIPS FOR STAYING ON TRACK IN THE NEW YEAR



(Family Features) While many people often wish maintaining good health was as easy as following an equation, health doesn't have a start or end date. Once the allure of the new year wears off, it can be easy to let those resolutions go by the wayside.

When you focus on making small, positive changes, you can move your health goals forward throughout the year, no matter where you are on your health journey. To help stay on track, consider these easy-to-implement ideas from registered dietitian Annessa Chumbley:

Write it down. Using a nutrition journal and keeping a record of everything you eat and drink can help track progress and reveal small changes that need to be made. Alternatively, downloading a fitness tracking app can help keep you accountable digitally. With a variety of options available for most operating systems, there is almost certain to be one to meet your needs, whether you're looking for a companion app to track progress or something more in-depth to help guide you through workouts and meal planning.

Start your day with protein. A high-quality protein source can set the stage for sustained energy levels throughout the day. Having an on-the-go source of protein on-hand, such as Premier Protein's ready-todrink chocolate and vanilla shakes featuring 30 grams of protein and 160 calories and 1 gram of sugar, can help ensure you're starting the day with a proper foundation for success.

Hydrate all day. Hydration is a foundation of good health. Before bed each night, put a 16-ounce bottle of water in the bathroom then drink it first thing in the morning for a daily energy boost. For an easy and healthy way to add flavor to your water during the day, consider putting an herbal tea bag of your choice in it. For example, Chumbley recommends ginger as a digestion-helper, mint as a caffeine-free way to awaken and chamomile to calm.

Make healthy swaps. Looking for alternatives is an easy way to eat healthy. Consider swapping out heavier carbs for vegetables such as grilled Portobello mushrooms as pizza crust or zucchini noodles instead of pasta. Swap mayo for avocado when eating egg, chicken or tuna salad. You can also use the sweetness of ripe bananas to decrease the need for added sugar in recipes like cookies, muffins and pancakes. For an additional nutrition boost, consider adding a scoop of gluten-free protein powder like Premier Protein's line of 100% Whey Powders, which are available in chocolate or vanilla milkshake flavors and feature 30 grams of protein and 3-4 grams of sugar per scoop, plus no artificial flavors, colors or sweeteners.

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Get moving. Commit to stepping outside and taking a daily walk. Whether it's 1 mile or a walk around the block, you can burn calories and receive the added benefits of mental clarity, increased energy and improved digestion.

"Use these tips as one small thing that can make a powerful positive impact on your day," Chumbley said. "Choose one of these and do it every day. Keep the strategy simple so you'll be more likely to stick with it. When implementing these health tips, think 'progress' not 'perfection.' If you are progressing, you are successful."

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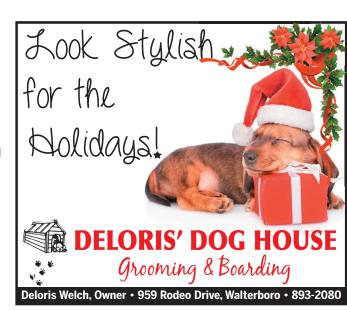
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A Host's Guide to Holiday Gatherings

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FAMILY FEATURES

earing up for a big crowd at your holiday festivities can provide moments of excitement, stress, fun and plenty of other emotions as the big dinner draws near. This year, avoid any nagging feelings of doubt with this step-by-step guide to prepare for large gatherings. **Plan in advance**. Even if you're typically the last-minute type, the hectic holiday season is no time to wait until a few days ahead of the celebration to throw meals and more together. Instead, be sure to put together a guest list and send invites at least a few weeks out. Take inventory of supplies like silverware, plates, serving dishes and any accessories you'd like to feature at the table. Make an outline of the food each guest is bringing, or, if you'll supply all the food, ensure there will be plenty for everyone – don't forget to take into account special diets or allergies.

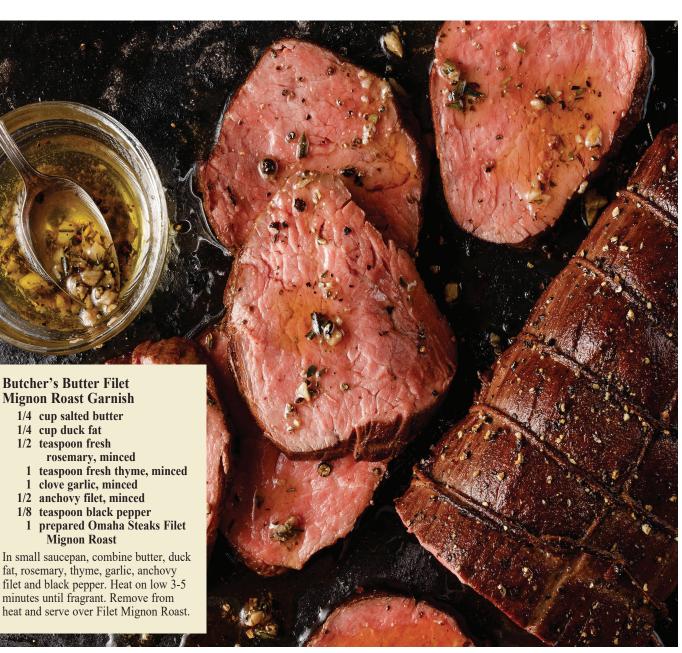
Make a list. Planning only takes you so far if you don't write everything down. Once the menu is determined, list out what you'll need to make the magic happen. Don't forget to jot down easily overlooked items that can be picked up the day of, such as ice.

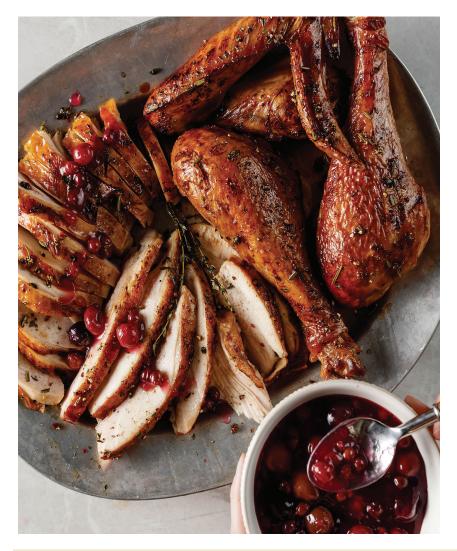
Remember to thaw. One surefire way to make the big day a big disaster is to forget to thaw your main course. If you're planning to roast a turkey – perhaps the most common centerpiece – remember it takes around a day to thaw for every two pounds of meat. So, for example, it could take close to a week for a 14-pound turkey to fully thaw prior to cooking.

Prep the day before. There are many tasks (big and small) that can be taken care of the day before guests arrive, making the holiday less stressful for hosts. From whipping up simple appetizers like dips to giving the house a thorough cleaning, there's plenty of pressure that can be taken off your shoulders 24 hours in advance. If you really want to make the big day a breeze, consider cooking your main dish, slicing the meat and placing it in reheating pans one day prior.

Create a schedule. No matter how far in advance you plan or how much prep you complete prior to the festivities, there will always be day-of work to be done. With guests coming in and out, it can be helpful to lay out what's known as a "fire list," which details times chronologically for when things need done, such as starting the oven to warm the turkey or simply remembering to lay out dessert following the meal.

Find more holiday hosting tips and meal solutions at omahasteaks.com.





Roasted Grape Gastrique Roasted Grapes: 4 cups assorted grapes (picked, washed and dried)

- 1 tablespoon olive oil
- 3/4 teaspoon salt 1/4 teaspoon pepper
- 1 cinnamon stick
- nonstick cooking spray
- Gastrique:
- 2 tablespoons water
- 1/2 cup sugar
- 1/2 cup apple cider vinegar
- 1 tablespoon cornstarch mixed with 4
 - nstarcn



tablespoons water To make Roasted Grapes: Heat oven to 350 F.

In bowl, combine grapes, olive oil, salt, pepper and cinnamon stick. Lightly spray baking sheet with nonstick cooking spray. Pour grape mixture onto baking sheet. Bake 15 minutes. Remove from oven and pour into bowl.

To make Gastrique: In small saucepan, combine water and sugar. Bring to boil over medium-high heat, 5-7 minutes, until sugar starts to brown.

Remove from heat and slowly add vinegar. Return to heat and stir until combined. Add cornstarch and water mixture; bring to boil. Remove from heat. Pour Gastrique mixture over

Roasted Grapes.

Whole Basted Turkey 1 Omaha Steaks Whole Basted Turkey (10 pounds)

Thaw turkey completely in refrigerator 3-4 days or, keeping turkey in vacuum-sealed packaging, place in sink full of cold water 5-7 hours, changing water approximately every 30 minutes. Heat oven to 350 F. Remove turkey from vacuum-sealed bag. Place turkey in bag provided; secure bag with twist tie. Place bag in deep roasting pan. Using fork, puncture 6-8 holes in top of bag. For extra browning or crispness, slit top of bag for final 20-30 minutes of roasting. Roast turkey 2 hours, 45 minutes-3 hours. Turkey is done when internal temperature measured with kitchen thermometer reaches 165 F.

Quick Roast Method

Heat oven to 400 F. Lightly oil and season roast. Place on an elevated rack in a roasting pan. Roast uncovered, using times below. Allow 20-40 minutes resting time before slicing. Verify degrees of doneness by using a kitchen thermometer. Below times are approximate.

	Weight	Rare 120-130 F	Medium-Rare 130-140 F	Medium 140-150 F	Well 160-170 F
Chateaubriand Roast	10 ounces	22-24 minutes	28-30 minutes	32-35 minutes	45-50 minutes
Chateaubriand Roast	2 pounds	30-35 minutes	35-40 minutes	40-45 minutes	1 hour- 1 hour, 15 minutes
Chateaubriand Roast	3 pounds	45-50 minutes	50-60 minutes	1 hour, 5 minutes- 1 hour, 10 minutes	1 hour, 15 minutes- 1 hour, 30 minutes
Chateaubriand Roast	4 pounds	50-55 minutes	1 hour- 1 hour, 5 minutes	1 hour, 10 minutes- 1 hour, 15 minutes	1 hour, 30 minutes- 1 hour, 45 minutes
Rib Roast	4 pounds	1 hour, 20 minutes- 1 hour, 30 minutes	2 hours, 30 minutes- 2 hours, 40 minutes	1 hour, 45 minutes- 2 hours	2 hours, 15 minutes- 2 hours, 30 minutes
Rib Roast	6 pounds	2 hours- 2 hours, 15 minutes	2 hours, 15 minutes- 2 hours, 30 minutes	2 hours, 30 minutes- 2 hours, 45 minutes	3 hours- 3 hours, 15 minutes
Rib Roast	8 pounds	2 hours, 15 minutes- 2 hours, 30 minutes	2 hours, 30 minutes- 2 hours, 40 minutes	2 hours, 45 minutes- 3 hours	3 hours, 30 minutes- 3 hours, 45 minutes
Tri-Tip Sirloin Roast	1 1/2 pounds	30-35 minutes	35-40 minutes	45-50 minutes	1 hour- 1 hour, 15 minutes