KINGS COUNTY

YOUTH TALK

November 2016

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Deadline
4-H News articles due for Youth Talk – Nov. 18th
Please send all articles to ~ gldiener@ucanr.edu

Have you Re-Enrolled?
For many returning 4-H families, it is easy to forget to re-enroll. Simply click here for access to the 4-H On-line enrollment system: http://cekings.ucanr.edu/Kings_County_4-H_Program/
Council News
The next council meeting will be:

Tuesday, November 1st
7:00 pm
UCCE Office Multi-purpose Room
Host Club: Island

Topics for discussion at the November meeting will include: Judging Day, Council BBQ, Presentation Day, Food Olympics, etc.

Please plan to attend! Your opinions and contributions are important! Every club needs to be represented!

Did You Know?
The protection of members is of utmost importance in the 4-H YDP. Research has shown that the single most effective way to prevent child abuse in a youth program such as 4-H is to prevent private, one-on-one interactions. Preventing one-on-one interactions between members, as well as between members and adult participants (volunteer and other adults), is a cornerstone of the 4-H youth protection strategy.

To ensure the safety of all 4-H members, please make sure there are two adult volunteers (or one adult volunteer and one other adult at least 21 years of age) with members at all times. (See 4-H Policy Handbook, Chapter 11, IV, B). This includes when youth are waiting for their parents to pick them up after a community club meeting, project meeting, event or activity. The safety of our youth is a top priority.

Two Deep at All Times

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Two Deep at All Times

Incentives & Recognition Committee Meeting

Tuesday, November 1st
5:30 PM
UCCE Office– Ste. G

The I & R Committee will meet prior to Council to finalize the judging process for Record Book Project Medal Awards.

Please Note Date Change!!

Countywide Poultry Meeting
November 12th
12 noon Currie Residence

Countywide Public Speaking Meeting
November 21st
6:30 pm UCCE Office

Relay for Life

Congratulations to our Kings County 4-H Relay for Life team for raising $2,601.00 this year. The event on Saturday, October 8, 2016 was a great success. Thank you to the team organizers, team members, parents who helped and those who walked laps, donated money & supplies and provided support! We wouldn’t be able to reach our goals without everyone’s help and we’re looking forward to participating in the 2017 Relay for Life.

Citizenship WA Focus & CA Focus

The 2017 WA Focus trip is scheduled for June 24-July 1 (extended trip ends July 5). Would you like to attend this trip or possibly attend in 2018? There is a group currently fundraising to attend in 2018 and you are invited to join in the fundraising if you are interested. Citizenship WA Focus is fantastic opportunity to network with 4-H members from across the United States. It is open to members 15-19 years of age. **WA Focus information**

CA Focus is another opportunity to learn more about the government process in California. This trip is scheduled for June 16-20, 2017 and is open to members between the ages of 14-19 years old. **CA Focus information**

If you would to be included in the fundraising please contact Renee Creech at rmcreech6@gmail.com

4-H Council BBQ

*Saturday, November 5*

*Kings Fairgrounds– Dairy Pavilion*

11:00 AM to 2:00

Take-out also available

Tickets: $10.00/person

Entrée: Pork Loin

**Adult Help is Needed:**

Each club is asked to provide a minimum of two (2) helpers to assist in the kitchen and help serve. BBQ preparations begin during the County Judging Day which starts at 9 am.

**Sweet Shop:**

4-H members are asked to contribute baked goodies to sell at the Sweet Shop. Please label the baked items with the member’s first name and club, also note if the goodies contain nuts.

**Please Note Date Change!!**

Countywide Public Speaking Meeting
November 21st
6:30 pm UCCE Office

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Have You Considered an Emerald Star Project?

Application Deadline November 4th

Attention 4-H members intending to apply to become a Kings County All Star in the future, completing an Emerald Star project is a requirement for those applying for All Star.

**Purpose:** The purpose of the Emerald Star Program is to provide leadership opportunities to 4-H Members.

**Eligibility:** Members who have completed two years of 4-H and will be at least 14 years of age by December 31, 2016 are eligible to apply for the Emerald Star Program.

**Project Requirements:** Emerald Star projects must demonstrate the member’s leadership ability, the ability to work with others, and the ability to plan and conduct a successful program of work. The project must have an adult advisor and must provide service to the Kings County 4-H program and/or community.

Applications are due to the UCCE Office by **Friday, November 4th** and Interviews will take place on **November 17**. Click on this link for more information about the Emerald Star Program: [http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

### 4-H Branding Tools Available

When designing 4-H information for recruitment, Emerald Star projects, newsletters etc., placing the appropriate 4-H identification on the information is important. The 4-H branding tool kit is available at: [http://4h.ucanr.edu/Resources/Branding_Toolkit/](http://4h.ucanr.edu/Resources/Branding_Toolkit/)

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**Kings County 4-H Judging Day**

**Saturday, November 5, 2016**

**Kings County Fairgrounds**

9:00 AM Registration begins

9:30 AM Orientation

*Use this link to pre-register:* [http://ucanr.edu/survey/survey.cfm?surveynumber=19043](http://ucanr.edu/survey/survey.cfm?surveynumber=19043)

Judging classes will be in the following categories: Livestock, Home Economics and General. Plan to judge all three!

A judging class consists of four items. The 4-H'er is asked to evaluate and rank the class in order from best to worst. Points are given on how close the participant comes to matching the placing an expert gives the class.

Participants will also be given the opportunity to give oral reasons for one class per category (3 opportunities to give reasons). Oral reasons enable the participant to explain to a judge why they placed the class the way they did. Points are given for how convincing the reasons are. Even if the class wasn’t placed correctly, if good reasons are given, the points will reflect that.

#### Giving Reasons for a Judging Contest

When you explain your choices in a judging contest, you are “giving reasons”. Before you can give your reasons, you need to have a clear picture of the class in your mind. After judging the class, be sure to make some notes. Giving reasons will be easier after you have studied your notes. Step up to the judge, hand in your card, relax and smile.

**Format**

**Opening Statement:**
I placed this class of______________ 4-1-2-3.

**Explanation:**
In my top pair, I place 4 over 1 because: ____________________________.
For my middle pair, I place 1 over 2 because: ________________________.
In my bottom pair, I place 2 over 3 because: ________________________.

**Closing Statement:** For these reasons, I placed this class of __________ 4-1-2-3. Thank you.
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4-H Record Books– Now is the Time!

Now is the time to begin your 4-H Record Book! Now you may ask, but 4-H Record Books aren’t due until the summer of 2017!

On Line Record Books (ORB)

Now is the time to begin exploring ORB (On-Line Record Book) if you plan to use it. ORB is a very valuable record keeping tool, but it is for record keeping and not for record recollection. ORB is far more effective by taking time at least once a month to record the events and activities you have attended and the purchases or time spent in project work. Beginning your Record Book using ORB in April or May is setting yourself up for a very frustrating experience.

If you were unable to attend the workshop on ORB hosted by the Kings County Incentives & Recognition Committee, you may wish to learn more about ORB by visiting the State 4-H website at: http://4h.ucanr.edu/Resources/Members/RecordBook/4-H_ORB/

Personal Development Report Form

The star award ranking system is a voluntary advancement program utilizing the Personal Development Report form (PDR), which is part of the 4-H Record Book. It is a goal setting tool aimed at encouraging broad–based participation and achievement in 4-H. 4-H members record their participation in eight categories for the current 4-H program year on the Personal Development Report. Activities are totaled for all years in 4-H (junior, intermediate, and senior levels) and star awards are given to those 4-H members meeting the requirements. Each star level takes an average of two years to complete. Star rank achievers receive a tangible star at Achievement Night which can be worn on the 4-H hat.

- Bronze Star: Complete at least 5 of the 8 PDR categories.
- Silver Star: Complete at least 6 of the 8 PDR categories.
- Gold Star: Complete at least 7 of the 8 PDR categories
- Platinum Star: Complete at least 7 of the 8 PDR categories

To qualify for any of the achievement rank awards, 4-H members must attend 80 percent of both the community club meetings and the project meetings held during the year. To obtain any of the ranks, 4-H members must complete the asterisked (*) categories on the Personal Development Report (PDR) of the 4-H Record Book as a part of his/her effort. (Presentations are one of the asterisked (*) categories, and an important part of the 4-H experience.)

NOW is the time to review the Personal Development Report form and plan your 4-H year so you can earn your first star rank or your next star rank. Planning and setting goals is helpful in achieving a star rank.

Record Book Project Medal Awards

Now is the time to determine which one of your projects you are the most passionate about– which sparks your interest the most? Once this project is determined, then set some goals NOW so when it comes to competing for a Project medal, all of the requirements will have been met. You will want to plan to attend at least 80% of your project meetings in the project area you are the most interested in or that is your strongest project. Plan your communications with this project in mind. Give a formal presentation in this project area or participate in other forms of communication as defined in the 4-H Record Book Manual. Plan on some form of community service or leadership in your strongest project area. You may serve as the Junior/Teen Leader, plan an activity in that project area or implement a community service idea. There are lots of possibilities.

Record Book Manual:

Be sure to read the updated Record Book Manual available at: http://4h.ucanr.edu/files/218972.pdf. The Manual available online is geared for members, and an adult version is also available. The Record Book Manual explains the 8 categories of the Personal Development Form and gives examples of the types of activities that are counted in each category. Other important information about putting together a 4-H Record Book is also included in the Manual.
Captain Under Pants is teaming up with Super Sock Girl and Underdog to collect 300 pairs of socks and underwear to give to the homeless in Kings County. We are collecting NEW socks and underwear that are packaged for our 4-H Emerald Star Project, "Toes and Tushies-Share A Pair".

"Toes and Tushies-Share A Pair" is a collection project to help the homeless. We want to do this project because we learned that socks and underwear are two of the least donated, yet most needed items by the homeless. We also learned that by wearing dirty socks and underwear a person can get infections from bacteria. By collecting the NEW socks and underwear and giving them to the homeless it will help them keep their feet and private areas clean, free of infection and keep them healthy.

We will collect 300 pairs of each item so that we can distribute them at the Project Homeless Connect Day in Kings County on January 26, 2017. Our project goal is to collect 400 pairs so we will be collecting the socks and underwear up through February. The additional socks and underwear collected past January will be given out through United Way and Heavenly Showers in Hanford.

We will have laundry hampers set up for collection of socks and underwear at the Kings County 4-H UCCE office, Island Elementary School and Evangelho’s Feed & Farm Store.

"Toes and Tushies-Share A Pair" will be at Judging Day and the 4-H Council BBQ to answer questions. We will have a laundry hamper there for socks & underwear donation collections! We can also come to you and pick them up from your club if you just send us an email. If you have questions on how you can donate, please contact Reilly Nava and Breana Glover at toesandtushies@yahoo.com. And remember to Share A Pair!

Paige Clarke will be at Judging Day collecting items for her Emerald Star Project, Finding Hope For Valley Children’s Hospital. These items may include new or gently used books, movies, board games, sports equipment, coloring books and crayons, as well as new teething rings, rattles, busy boxes, crib gyms, push toys, journals and craft items. Items may also be dropped off at the UCCE Office. You can follow Paige’s progress by liking Finding Hope on Facebook @findinghope150.

Thank you for your support of this project!
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America’s Farmers Grow Communities

Community support is a vital part of funding projects and learning opportunities for our members. America’s Farmers Grow Communities, sponsored by the Monsanto Fund, gives farmers in our area the chance to direct a $2,500 donation to an eligible rural nonprofit organization of their choice. For the past five years, participants have continued to support ag youth organizations. Since 2010, more than $22 million in donations has helped over 8000 non profits make a positive impact in farming communities across America.

Help our organization receive a $2,500 donation by encouraging farmers you know to visit www.GrowCommunities.com to enroll today. Enrollment runs until November 30 and winners will be announced in January 2017.

The purpose of Grow Communities is to support rural America by partnering with farmers to support the causes that are most important to them. In 2017 more than $3 million in donations will be awarded to nonprofit organizations in 1,331 counties across 41 states.

Share this opportunity with the farmers in your life on the Grow Communities Facebook page www.Facebook.com/AmericasFarmersGrowCommunities. This page provides program updates, posts about advocating for ag and information about winners. You can also join the conversation on Twitter using #GrowCommunities. The program is part of the America’s Farmers initiative, which has awarded more than $29 million to farming communities in the past five years. For eligibility requirements and more information go to www.AmericasFarmers.com.

LCORT 2017

January 27-29, 2017
Wonder Valley Ranch, Sanger
Cost $150.00

Open to members 12-14 years old
Applications due to UCCE Office December 2nd

The purpose of LCORT is to define and develop your leadership abilities; to have an opportunity to meet and share ideas with other 4-H youth and adults, to expand your perspective on the world around you and to have an enjoyable time. For more information on LCORT, see the Kings County 4-H website-LCORT or call the UCCE Office.

4-H Presentations

Public speaking continues to be a cornerstone of the 4-H Youth Development Program. During the century long history of 4-H, the presentation program has expanded to include competitions and various public speaking formats. 4-H alumni will often mention that they learned how to speak more effectively through their participation in the 4-H presentation program. The Presentation Manual was designed to help guide 4-H members in developing their public speaking abilities. To learn more about 4-H presentations, please visit: http://4h.ucanr.edu/files/2193.pdf. Kings County 4-H Presentation Day will be held on Saturday, February 25th. It is never too early to begin working on a presentation!

Please Note: There have been some changes in the Presentation Manual. Some of the changes include the scoring key. The points required to earn a gold medal at the county level and advance to the next level have increased.
Shooting Sports Leader Training
Fall Workshops

The Kings County 4-H Shooting Sports project is in need of more shooting sports leaders to assist the leaders we currently have. The number of members in the project has grown substantially and more help is needed to safely instruct the youth.

The Merced County 4-H Shooting Sports training team will be offering a series of project leader and leader trainer classes in rifle, pistol, shotgun, muzzle loading and archery from September to December in Central California. All classes will be in a Saturday and Sunday format, 9 AM – 4 PM, at the Safety First Shooting Association, River Oaks Range, 11584 N. Shaffer Rd, Winton 95388, in Merced County. Participants must become a 4-H leader or member and attend both days to receive certification to lead any of the shooting sports disciplines at the project, club and camp levels. The course will include a PowerPoint lecture, review of equipment, practice shooting and teaching, and a written test. The **cost for each discipline is $35** per person to include a resource binder, with Saturday and Sunday lite breakfast refreshments. Dry camping is available on site as is self-contained RV camping. You are responsible for lunches. The nearest shopping is 15 minutes away. It is recommended to bring lunches each day. You may bring your own firearms and ammunition or archery equipment. However everything will be provided if you want to use their equipment. Junior and teen leaders are invited but must attend with an adult or have a certified shooting sports adult leader they will be assisting back home.


To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at [http://4h.ucanr.edu/files/4785.pdf](http://4h.ucanr.edu/files/4785.pdf) and an adult or youth 4-H medical release form and a **$35 check** payable to “Merced County 4-H Council” and mail to UCCE, 2145 Wardrobe Ave, Merced, 95341. Registration is due Friday, 7 days prior to the class you are taking, and **space is limited to 25 attendees**. For more information call Darlene McIntyre at 209-385-7418 or email her at dlmcintyre@ucanr.edu. Range and class info contact is Dave Givens 209-614-1718 or dave@hammerstryke.com

Class Dates:
- **Rifle Leader:** Nov 5th and 6th (Registration due Oct 28th)
- **Shotgun Leader:** Nov 19th and 20th (Registration due Nov 11th)
- **Archery Leader:** Nov 5th and 6th (Registration due Oct 28th)
- **Pistol Leader:** Nov 19th and 20th (Registration due Nov 11th)

#GivingTuesday

4-H will once again participate in #GivingTuesday, the global day for giving back. This year, thanks to the generous support of the CA 4-H Foundation Board and an anonymous donor, up to $20,000 in gifts received on this day through online giving will be matched. Kings County is encouraged to participate and gifts will be matched in the order they come in, until we reach $20,000.

After Black Friday and Cyber Monday comes #GivingTuesday, a global day of giving back. This November, join 4-H in giving life skills to our youth. #4HRecipe4Success.

Join Kings County 4-H on Facebook!

Come like our new Facebook page at Kings County 4-H Youth Development Program. You will be able to find updates on upcoming events, meetings and other local 4-H information. You may also use this Facebook page to promote your club’s fundraisers and activities. Simply submit your information and the UCCE Office will review and post for all our friends to see.
4-H Club News

Island

On October 11th the Island 4-H held their October meeting. The club discussed recent and upcoming 4-H events. Island 4-H will hold a sock and underwear drive. New socks and underwear will be collected and donated to those less fortunate. The club also talked about a candy collection. 4-H members can donate Halloween candy in exchange for a dollar. The candy will be sent to our military overseas. Almost everybody wore a Halloween costume to the meeting and everyone had a great time.

Brandon Rossi, Reporter

Kings Harvest

We had our monthly Kings Harvest 4-H meeting on 10/10/16 at 6:30. We all did our fair project reports. Mrs. Toledo gave out the rewards for members who missed Achievement Night. Hannah Dutra gave a healthy living report on the health benefits for pumpkin. We had a Halloween party with a pumpkin decorating contest. We also played Halloween games like pumpkin bowling and pumpkin ring toss. It was a fun night.

Sara Champi, Reporter

Mid Valley

The Mid-Valley 4-H club had their first meeting on September 12th. We were so excited as we had a lot of new members and primary members. We discussed lots of new things about our club and about ways to make money for our club. We planned on doing a window display at Gonsalves Flower Shop. Our October meeting was on the 10th. We discussed the window display and when we could take it down. We also talked about the 4-H Judging Day in November. We talked about selling tickets for the Kings County lunch on November the 5th. Mrs. Revious told us to get tickets so we could sell them. Jenna gave us healthy suggestion instead of eating candy for Halloween. Lilly asked the members to bring gently used coats and canned foods so we could give them to the needy. After the meeting Lilly and Mrs. Kanagawa showed us how to judge and give reason for the contest. Then we had refreshments.

Lilly Barcellos, Reporter

Kings River

The Kings River 4-H monthly meeting was held on October 10. The 4-H pledge and flag salute were led by two of our beginning 4-H members. Our annual judging contest was our first item of business, members Kent Sheldon and leader Lilly Pimentel gave us a demonstration on how to place classes, we then tried it on our own with approximately 12 different classes from general, home economics and livestock. We also discussed our Caramel apple booth for the Calico Art festival which took place on October 16, 2016, those on the committee had a good time interacting with the crowds. It sure was a sticky job! Our leader also reminded us about the countywide judging day. She also encouraged us to sell, sell, sell our pork loin BBQ tickets.

Steven Loogman, Reporter

Oakvale

Oakvale had a successful Halloween party that included a costume contest, pumpkin carving contest, judging practice, and for community service filled 36 shoeboxes with clothes, toys, crafts, and school supplies for Samaritan's Purse that will be distributed throughout the world. Way to go Oakvale!

Tara Fry, Reporter
TOES & TUSHIES

Want you to Share a Pair!

Our 4-H EMERALD STAR PROJECT will be collecting NEW, PACKAGED socks and underwear for needy kids & adults in Kings County NOW through FEBRUARY.

“Socks and underwear are two of the least donated, yet most needed items by the homeless.”

Toes & Tushies has laundry hampers for collection set up at:

- Kings County 4-H UCCE OFFICE - 680 Campus Drive, Suite A, Hanford
- Island Elementary School - 7799 21st Avenue, Lemoore
- Evangelho’s Feed & Farm Store - 9099 CA HWY 41, Lemoore

Donated socks and underwear will be distributed at the Annual Project Homeless Connect Day in Kings County and through United Way.

*Please contact Reilly Nava & Breana Glover at toesandtushies@yahoo.com for more information on how to donate.
EMERALD STAR PROJECT

Make America Great Again with Milk

Elliot Martin - Hannah Costa - Kassidy Sheldon

Calling out all 4-H members who are looking for an opportunity for service learning!

Come join us and help serve Hot Lunch along with
Passing out some nutritious milk
at The Soup Kitchen
Located at the Episcopal Church
519 N. Douty Street
Hanford, CA

Wednesday, November 23, 2016
Wednesday, December 28, 2016
11am to 1pm

Please email at mdcosta@comcast.net for more information and to get your volunteer application.
This is required by the Soup Kitchen.
Finding Hope
For Valley Children’s Hospital

My name is Paige Clarke. I am 14 years old and this is my 6th year in Island 4-H. As part of my Emerald Star Project for 4-H, I am collecting items for Valley Children’s Hospital. I hope to help make the kids that are staying more comfortable while they are there. Items can include:

<table>
<thead>
<tr>
<th>New Items</th>
<th>New or Gently Used Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teething Rings</td>
<td>Books</td>
</tr>
<tr>
<td>Rattles</td>
<td>Movies</td>
</tr>
<tr>
<td>Crib Gyms</td>
<td>Board Games (All Ages)</td>
</tr>
<tr>
<td>Busy Box</td>
<td>Sports Equipment</td>
</tr>
<tr>
<td>Push Toys</td>
<td>Coloring Books</td>
</tr>
<tr>
<td>Journals</td>
<td>Crayons (8-24 pack)</td>
</tr>
<tr>
<td>Arts and Crafts</td>
<td></td>
</tr>
</tbody>
</table>

Movies: They can use movies for all ages. All movies MUST be rated between G and PG-13. The hospital asks for Spanish and English movies. Disney movies are very popular!

Donations can be made at the UCCE Office 680 Campus Drive, Suite A in Hanford.

Like “Finding Hope” on Facebook by searching @findinghope150

Please call me at 559/924-1532 for more information.
Thank you for any contribution you can make!
Healthy Eating Doesn't Have To Be Hard!

Healthy eating is not about strict dietary limitations or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, improving your health, and stabilizing your mood. If you feel overwhelmed by all the conflicting nutrition and diet advice out there, you're not alone. By using these simple tips, you can cut through the confusion and learn how to create a tasty, varied, and healthy diet that is as good for your mind as it is for your body.

We all know that eating right can help you maintain a healthy weight and avoid certain health problems, but your diet can also have a profound effect on your mood and sense of wellbeing. Studies have linked eating a typical Western diet, filled with processed meats, packaged meals, takeout food and sugary snacks, with higher rates of depression, stress, bipolar disorder, and anxiety. Eating more fresh fruits and vegetables, cooking meals at home, and reducing your intake of sugar and refined carbohydrates, may help to improve mood and lower your risk for mental health problems. While some specific foods or nutrients have been shown to have a beneficial effect on mood, it's your overall dietary pattern that is most important. You don't have to be perfect and you don't have to completely eliminate foods you enjoy to have a healthy diet and make a difference in the way you think and feel.

Set yourself up for success. Changing everything at once usually leads to cheating or giving up on your new eating plan. To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps, like adding salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices.

Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into food.

Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans-fats with healthy fats (such as switching fried chicken for grilled fish) will make a positive difference to your health.

Simplify. Instead of being overly concerned with counting calories, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.

Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

Focus on how you feel after eating. This will help foster healthy new habits and tastes. The more healthy food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many people go through life dehydrated, causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.