

START THE YEAR OFF RIGHT

TIPS ON HOW TO GET A FRESH START IN THE NEW YEAR

- **CLEAN SWEEP**- Empty the fridge and cabinets of high fat, high calorie, over-processed foods and replace them with fresh fruits, veggies and low-fat or fat-free dairy, lean meats and whole grains.
- **DRINK MORE WATER**- If 8 glasses a day seems unattainable, just start off by adding a glass to what you drink on average. Avoid flavored waters or sports drinks; they can pack a lot of unnecessary calories. If you can't stand the boredom, add a bit of fruit juice!
- **TURN YOUR FRIDGE INTO A SALAD BAR**- When shopping, pick out your favorite fruits and veggies. When you get home, start washing, chopping and storing them in containers. You are more likely to go for them if the work is already done.
- **TRY TO AVOID FOOD WITH LABELS**- Instead of browsing the packaged food section of your grocery store trying to see which meal contains the least fat or calories, buy fresh ingredients and make your own version of that meal. It's better for you and chances are you will save money that way.
- **COLOR EQUALS NUTRITION**- It sounds odd, but in many cases it is true. The more colorful the food, the better it is for you. Just think about it, rich colored vegetables like broccoli, spinach and squash are full of vitamins and minerals. While pale colored foods like starches, processed sugars and high-fat dairy have to be eaten in moderation because they are packed with calories and saturated fats.
- **TRY NEW THINGS**- Trade your familiar staples such as pasta or white rice for something different like brown rice, quinoa, buckwheat or barley? If you see a unique looking fruit or vegetable at the grocery store, buy it and give it a try.
- **COULD YOU EAT AN APPLE?**- It takes a while for your brain to get signals from your stomach that you're full. If you eat slowly, this can help, because you are giving your brain time to catch up. But, if while you are eating or food is offered, ask yourself "Could I eat an apple right now?" If the answer is no, you are full or would be eating just to eat, not because you are hungry.