



Realistic and Specific New Year's Resolutions

Millions of people make New Year's Resolutions every year to change their lifestyles only to find that they have trouble sticking to them. Make this year's resolutions stick by following these simple steps!

Make Resolutions that Stick:

1. **Make resolutions realistic.** We often vow to change everything about our diets or to exercise every day when we aren't exercising at all. These resolutions are unrealistic and set us up for failure. Instead, aim for a more realistic resolution, such as exercising 1-2 days per week.
2. **Make resolutions specific.** While you can decide to "eat healthier," what does that really mean? Make specific resolutions, such as "I will eat 2 servings of vegetables 3 days per week."
3. **Focus on the positives.** Making healthy changes for yourself should not be about willpower or depriving yourself because that mentality can lead to unhealthy eating habits and binge eating. Instead, focus on the positives, such as the healthy foods you will begin to include in your diet and how they will give you more energy and make you feel better.

How Can You Eat Healthier and Lose Weight?

Set long and short term goals just like resolutions.

1. Set a **long-term goal** for yourself. This goal may include losing 10 pounds or exercising every day. Make sure it is realistic and specific.
2. Set **short-term goals** to help you meet your long-term goal. Every long-term goal that you set requires multiple short term goals to help you achieve the long-term one. Set 2 to 3 at one time, work to achieve those goals and then move on and set a few more.

Be part of a Nutrition Counseling research study! Is your weight more than expected for your height and age? Are you between 9-17 years of age? Do you want to lose weight and learn how to eat healthier? Contact Vanessa Wissing at 718-920-7394 or vwissing@montefiore.org

Ask Endo-Nutrition

Send your questions to alkaplan@montefiore.org and look out for answers in next months issue!



Try Something New and Nutritious this Year!

Freekeh is an ancient whole grain that contains 3 times the amount of fiber and protein as brown rice. It is also low in gluten and a good source of zeaxanthin and lutein, which are phytochemicals that play a role in eye health. It also may be act as a prebiotic to help improve digestive health.

How to Prepare Freekeh

1 cup Freekeh
2 1/2 cups water or low sodium broth
Cook for 20-25 minutes until tender.

This powerful grain can be used in place of rice. Try adding any type of vegetable, such as kale, Brussels sprouts, broccoli, carrots or beets to increase your fiber intake.

Our Nutritionists

Alex Kaplan Corwin &
Vanessa Wissing

