

New Year...New You!

By Desiree Nielsen RD, the Choices Dietitian

Making New Year's resolutions is a tradition almost as common as holiday feasts! January offers the promise of a fresh start that can inspire—or overwhelm. Sometimes, however, we can go overboard with our resolutions, promising to totally overhaul everything we eat and drink, to volunteer more and exercise daily—literally all overnight. This kind of “all or nothing” mentality rarely works and leaves us deflated and back at square one by February 1st.

This year, try a new approach. Instead of committing to a mountain of resolutions starting January 1st, how about making a list of goals—one for each month of the year? That way you have an entire month to grow accustomed to a smaller change, and it simply becomes part of your life. At Choices Markets, we believe in the power of healthy eating, so what follows are a few resolutions to help inspire you to make 2010 your healthiest year yet!

An Apple a Day

The foundation of any healthy diet is fruits and vegetables, which many of us still don't get enough of. Start building them into your diet, one serving at a time. Try adding 1/2 cup of thawed BC blueberries to your morning breakfast cereal or add a handful of baby carrots with dip alongside your usual lunch time sandwich. Before you know it, you will be meeting your minimum of 7 half-cup servings each day!

Get Rough (age)


Fibre is another important component of a healthy diet: women need 25 grams of fibre a day, men need 38 grams a day. Fibre-packed foods that will help you reach your daily requirement include sprouted grain breads, whole wheat pasta, high-fibre

breakfast cereals, beans, fruits and vegetables. Adding fibre to your diet helps to keep you full, which is also important for maintaining a healthy weight.

Get Cookin'—Home Cookin'

The best way to ensure a healthy meal is to make it yourself! Even if you don't have a lot of knowledge or time, healthy eating at home can be simple and fun. During the week if you are really strapped for time, why not resolve to make at least Sunday dinner home cooked? During one of our days off, most of us can arrange the time to select a healthy recipe, shop for the ingredients and whip up a delicious meal. By doubling that recipe and making a larger batch you can free up even more time in your busy week. The leftovers will make quick meals on busy weekday nights and healthy additions to your packed lunches.

Eat Real

Try replacing one “snack” food with a “real” food option to get more nutrient-dense foods into your diet. Love potato chips? Try baked chips with hummus for protein. Swap fruit snacks for actual fruit, or instead of soda pop try 100% fruit juice mixed with club soda. Tired of granola bars? What about a cup of yogurt sprinkled with real granola? Use snack time as another opportunity to give your body what it needs. 

Desiree Nielsen RD is the Choices Dietitian.

Have a nutrition question for Desiree?

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