

On Nutrition: by Helayne Waldman, Ed.D., N.E.

It's Resolution Time

Okay, it's time to make those New Year's resolutions once again. How about this one? "I resolve to treat my body with the care and respect it deserves." Sounds simple, but truth is, most of us simply drop out of sight on this one.

So in keeping with the spirit of promise in the New Year, here are a few suggestions for making good on the above resolution. Call them "mini resolutions." Try them on for size for a day, a week, a month, or a year – who knows? You might like the way you feel!

1. I resolve to eat breakfast every morning.

Remember when your mother told you that breakfast was the most important meal of the day? She was right! You need food in your belly by 10 a.m. to keep your metabolism humming smoothly all day and to keep your blood sugar stable. The more quality protein you consume in the morning, the more stable you will feel throughout the day – in more ways than one. Try a good old fashioned egg or two, soft boiled or scrambled lightly.

2. I resolve to "keep my life simple, but my carbohydrates complex".

You'll get a wealth of B vitamins from whole grains that are almost completely stripped away when these grains are refined. Plus, you'll get the fiber Mother Nature intended you to have all along. Try it, and just see if your life doesn't "move along" a little more smoothly.



3. I resolve to give up drinking 16 teaspoons of sugar a day.

That's right; some of us drink as many as 16 spoonfuls of sugar a day. It's called cola, soda, or pop. And it's poison. Why not try a glass of iced tea with a splash of honey or stevia for sweetening – or a glass of sparkling water with a hint of pomegranate, cherry or cranberry concentrate?

4. I resolve to avoid the white and go for the green.

This means letting go of your doughnuts, muffins, bagels and white bread – slowly, of course. And adding in healthy amounts of green leafy vegetables like spinach and kale, plus specialty veggies like asparagus and brussel sprouts. Why? Green vegetables bring a dazzling array of antioxidants together to keep free radicals in check. And this is good!

5. I resolve to never eat another transfat.

Oh my, this one is so terribly important. Despite last year's fanfare about labeling transfats on grocery items, they still abound in processed foods, margarines, fast foods (especially french fries) and most commercial baked goods. Your body

needs healthy fats like olive oil or organic butter in order for your trillions of cells to function properly – the same way your car needs the right motor oil. Put the wrong fuel in your car *or* your body – there's trouble down the road.

6. I resolve to try a new fruit or vegetable each month.

Have you ever tasted the delightful crunch of Jerusalem artichokes, the goofy strands of spaghetti squash or the sweet smooth texture of a ripe mango? Why not make it a point to expand your repertoire by trying a new fruit or vegetable in season, each month? Think of the gift you'll be giving your children by introducing them to wholesome, whole foods, and think of the pleasure you'll find in the excitement of new discoveries.

7. I resolve to eat like it matters.

Because it does. When you eat on the run, on the fly, or on the phone, you are removing your attention from the sacred act of nourishing yourself. You're also creating stress, whether you know it or not – and this can not only slow down digestion, it can bring it to a screeching stop. So next time you take a bite, stop, breath, and remember that you are doing the thing that most contributes to your continued ability to survive and flourish – you are nourishing yourself.

It's a large responsibility, but if you don't shoulder it for yourself and your family, who will?

What are your healthy resolutions? Send me one of yours, and I'll publish a selection of them in January.

Till then, eat hearty!