

Start Your New Year Right

Five Ways to Get Your New Year Started Right

1. Start with a healthy plate
2. Downsize and upsize
3. Pick one day to prep
4. Have healthy backups
5. Take the time to adjust

Size Matters: the size of your bowls, plates, and utensils help determine how much you eat

Daily Veggie & Fruit Goal: 5 cups: 3 of veggies, 2 of fruit
pick one day each week to pack these into tupperware, plastic bags or reusable bags (reuseit.com) so they're ready when you're on the go

easy grab 'n' go veggies

- grape/cherry tomatoes
- baby carrots
- pre-cut veggies
- snap peas

easy grab 'n' go fruit

- apples
- bananas
- oranges
- pears

Stock healthy backups

keep ingredients for quick and easy meals at home when you're out of the fresh stuff

- good quality, lower sodium canned soups
- canned fish like tuna and salmon
- eggs and frozen veggies
- natural peanut butter and whole grain bread (store this in the freezer)

Have a back-up for your back-up

- take one day to look through your closest grocery store and take-out spots and pick out your top fast and healthy options to avoid making game-time decisions when you're tired and hungry
- write these healthy options down and put them on the fridge
- choose balanced meals using the balanced plate system

Nutrition Goal Setting

Remember that when setting goals to improve your nutrition, you should make them SMART!

Specific

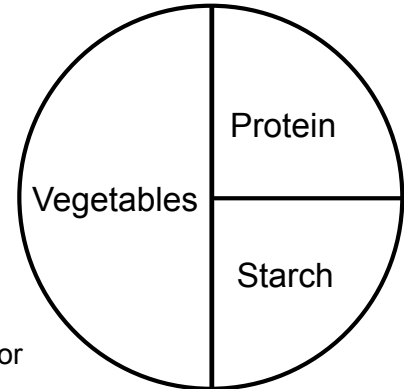
Measureable

Action-based

Realistic

Time-defined

Healthy Plate



Shira Hirshberg, MS, RDN is available for individual nutrition counseling.

Find more information at www.allfoodsnutrition.com.

With any questions or to schedule an appointment, please get in touch through email at shirshberg@allfoodsnutrition.com or by phone at 401.617.9485.

