



Easy Steps to Healthy Nutrition in the New Year

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It's the time of year to create New Year's resolutions and leave behind bad habits. According to the University of Scranton, only 8% of individuals will successfully accomplish their New Year's resolutions. This year you are going to reach your weight loss goals with these simple nutrition lifestyle changes.

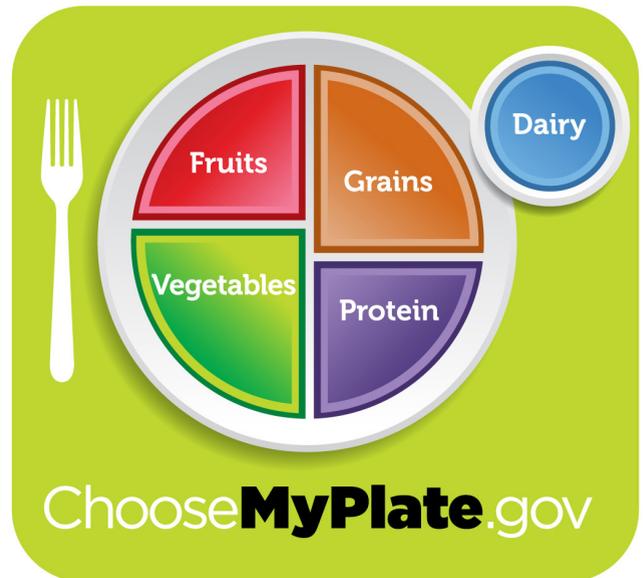
Overeating is your enemy, not grains and meats. The key to weight loss is meal balance, meal frequency & moderation, which can be done by following the MyPlate (please see picture) and eating snacks between meals. We need a wide variety of foods (ex: grains, proteins, fruits, vegetables & dairy) to ensure we get all the nutrients we need for a healthy mind, body and Soul. When you remove a food group from your diet you cut out those nutrients. Additionally, the best way to get these nutrients are from whole food not a bottle or a pill. There are 5 steps below to help you get started.

1. Make half your plate fruits and vegetables. If not including fruit, make the plate half vegetable but don't make it half fruit. Fruit is great, however too much can be too much sugar (fruit portion is ½ a piece. Half an orange, apple, banana...)

2. Grains should be 100% whole grain & no more than ¼ of your plate at each meal. The fiber in grains helps keep us fuller longer, helps intestinal health and decreases fat absorption. (A portion is ½-¾ cup Brown Rice, pasta, cereal or 2 corn tortillas, or 1 slice of bread).

3. Protein foods should be included with all meals & snacks and should be no more than 4 oz (Palm of hand). More than 4 ounces or 30 grams protein at one meal/snack cannot be used well by the body so the excess becomes fat. If you eat the right balance of vegetables, fruits and grains with a meal you will be full. (Protein foods: beef, chicken, turkey, fish, eggs, nuts, peanut butter, beans & dairy).

4. Eat a snack every 2-3 hours. (meal, snack, meal, snack, meal.) Snacks decrease hunger by helping us feel fuller longer and results in smaller portions at meals.



Snacks also decrease sweet cravings. All snacks need to include a protein. Example: string cheese stick & half of an apple or peanut butter & celery or whole wheat crackers & tuna or handful of nuts & piece of fruit.

5. Gradually add in Physical activity. Goal is 30 minutes of moderate intensity (heavy breathing) for 5 days a week. If doing none now, start with 15 minutes 3 days a week and build from there. Also the 30 minutes can be broken up to smaller increments to add up to 30 min.

Now get started set 3 realistic goals and once you reach those goals make more challenging goals. You are starting at the bottom of the staircase and have to take one step at a time to get to the top. If you feel like you need help reach out to your local experts at Mammoth hospital.

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