



Better Nutrition in the New Year

The end of the holiday season signals the time for everyone to switch directions and concentrate on health. Well-intentioned health goals come in at the top of many New Year's resolution lists. Attaining and maintaining a healthy weight has been shown time and time again to be associated with lower risk of chronic diseases, like heart disease and diabetes. Unfortunately many people become overwhelmed by their ambitious goals and are ready to throw in the towel by February! The weather gets colder and life gets busier - leaving willpower to follow healthy habits at the bottom of everyone's to-do list. Choose a realistic goal and utilize the tips below to make your new goal stick!



CHOOSE A REALISTIC RESOLUTION!



1. Include a healthy breakfast. Breakfast kickstarts our metabolism, helping to improve focus and give us energy in the morning. Choose a mix of whole grains, lean proteins, fruits and veggies to start the day right.
2. Hydrate! Sugary beverages can be addictive and add excess calories with little to no nutritional value. Water is the optimal choice for hydration. Try adding fresh fruit slices for some flavor.
3. Catch more zZZs. Sleep is not only nature's 'reset' button, but adequate sleep helps to prevent late night snacking and excess calorie consumption.
4. Join a fitness class or group! Unless you love winter sports, it's hard to get outside and exercise in the cold weather. Join an indoor group fitness class to include physical activity during the winter months.

TIPS TO MAKE IT STICK!

1. Worried you won't stick with it? Team up with a friend or family member and tell others about the goals you've set. Working with others helps people to stay more accountable and more likely to make their new years resolutions stick.
2. Remember—nobody is perfect. Many of us give up on goals simply because we messed up once or twice. Mishaps can happen—that's real life. Continue pursuing your goal to turn it into a healthy habit!
3. MFAP has a dietitian available for support. It's easier to keep with a goal when you have the right tools and support to pursue it. Talk to the RD for education or support, or come in for a nutrition assessment to see where you stand!



STAY WELL THIS WINTER



4 TIPS TO EAT MORE FRUITS AND VEGGIES THIS SEASON

1. Choose in season items like winter squash, brussels sprouts, beets, broccoli, cranberries and pomegranate
2. Buy frozen! Frozen fruits and veggies are a cost-effective option to help increase variety in the diet
3. Warm them up! Add defrosted frozen berries to a warm bowl of oatmeal, or roast some veggies in the oven. You may be more enticed to eat them this way when it's cold outside.
4. Try a warm veggie soup! Make a veggie chili or a veggie noodle soup for a cozy meal on winter days.

The winter season is often accompanied by the cold and flu. While attending medical appointments regularly and taking prescribed medications is key in keeping us well, nutrition plays an essential role. Replenishing our bodies with essential vitamins and minerals is an excellent way to support our immune system and combat flu season. Consuming a balanced diet consisting of whole grains, lean protein and plenty of fruits and vegetables is a great start to keep your body healthy.

Unfortunately in winter many fruits and veggies fall out of season. Try choosing frozen vegetables - veggies are frozen at peak ripeness, making them an excellent source of vitamins and minerals. You can also try to include more seasonal produce—like winter squash!

VEGGIE HIGHLIGHT: WINTER SQUASH



Winter squash - including butternut, acorn, delicata, carnival, and many others - is an excellent source of vitamins A and C. Both of these vitamins act as antioxidants in our body, helping to prevent cell damage. Winter squash is also a good source of fiber, aiding in digestive health, lowering cholesterol and stabilizing blood sugar levels. Try out the recipe below as a delicious side to any meal.

RECIPE CORNER: ROASTED BUTTERNUT SQUASH



INGREDIENTS

- 1 butternut squash, peeled, seeded and cut into 1/2 inch cubes
- 2 Tbsp Olive Oil
- 1 Tbsp Maple syrup
- 1/2 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cayenne powder
- Salt & Pepper to taste

DIRECTIONS

1. Preheat oven to 400° F. Peel and cube squash.
2. Combine squash, olive oil, syrup, and spices in large bowl. Mix until squash is evenly coated.
3. Spread squash out on baking sheet in even

layer. Bake 30-35 minutes, stirring halfway through.

← SOME TIPS.

This delicious dish makes an excellent side—serve along green veggies and a lean protein for a balanced meal. The sweet and spicy flavor also pairs well with dishes like rice and beans or as an extra taco topping. Opt for a very healthy option—toss the roasted veggie on some leafy greens for a warm winter salad.



MORE QUESTIONS?

Talk to our Registered Dietitian Nutritionist, Carol Anne Simpson, RDN, CDN. Call (203)855-9535 ext. 106 or email csimpson@mfap.com to schedule an appointment for nutrition assessment, education, pantry access, or supplements!