Every year after the holidays, we make resolutions for the new year. We want to get past any overindulgence of the season or the past year. We strive to start anew. Diet, exercise and better general health are usually high on resolution lists. In January gym memberships and diet program enrollments are at an all time high. Alas, by the end of January, many of us are back to our old ways. How do we avoid the pitfalls of returning to old habits?

Set realistic goals
When deciding on your New Year’s resolutions make sure they are achievable. If you’re serious about change, the first step is to set realistic goals. Making unrealistic or inflexible resolutions is one of the top reasons that so many people abandon their plan before the year is out.

Create a step by step plan
Resolutions are merely a starting point. Breaking your resolution into small manageable steps that can be repeated year round is one key to success. Focus on day to day behaviors that will help you to achieve your long term goal. Choose simple activities that you can track each day or each week.

Share your goals with friends or family
Don’t keep your resolutions to yourself. Enlist the support of friends or family. It’s much easier to keep on track with your workout schedule if you have a buddy. Sharing can help you to feel more accountable for your behavior and therefore more motivated to achieve your goal.

Stay flexible
Flexibility is another key to success. Expect that your plan will change. When there are occasional setbacks, be willing to make adjustments as needed to get back on track.

If your goal is to adopt healthier eating habits, here are some bite sized actions that you can take:

- Eat a green vegetable every week-day with your dinner meal.
- Include a high calcium food or beverage daily at lunch.
- Add a whole grain to meals four or five times a week.
- Prepare an omega 3 containing fish dish using wild caught albacore tuna or salmon once or twice a week.

Simple changes make a difference
If your goal is to lose weight focus on a few pounds at a time by adopting some simple strategies:

- One less sweetened beverage (about 150 calories each) per day can help you to shed pounds over the course of a year. Replace with water and other non-caloric beverages to stay hydrated.
- Choose your calories by the company they keep. Beans, whole grains or fruits and veggies mixed in to any dish add flavor and the volume of food you need to satisfy your hunger without as many calories.
- Keep track of your portion sizes. Invest in smaller everyday plates, bowls and drinking glasses. We know that food portions have been super-sized over the years but we hardly realize that our dishes have also grown to accommodate.
HEALTHY Lifestyles

Resolutions for a healthier you

If your lifestyle gets in the way of your healthy eating and weight loss goals, a few small changes can lead to long term results.

Happy healthy shopping
Healthier eating starts with healthy food shopping. Research from Cornell University’s Food and Brand Lab suggests that “if you see it, you’ll eat it.” So stock up on better-for-you foods every time you shop. Healthy shopping leads to healthy eating.

Made to order
Plan to eat at a restaurant or order take-out? Choose grilled or baked over deep-fried. Always include vegetables – raw, steamed or lightly sautéed – or tossed salads with flavorful vinaigrettes. And steer clear of dishes with lots of cheese, sour cream or mayonnaise so your restaurant meals fit with your healthy resolutions.

Out of sight, out of mind
Sometimes having too much food around you can lead to bad habits. Are large platters of family style meals encouraging too many second helpings? Try serving food from the kitchen instead. Are bowls of snacks in front of the TV testing your resolve? Get rid of the snacks and try the “chew-while-you-view” trick, replacing high calorie snacks with sugarless gum.

Walk the walk
Wear your favorite tracker or strap on a pedometer, lace up your walking shoes and meet a few walking buddies! Before long, exercise will be part of your daily routine that you won’t want to miss.

Track your activities and stick with your resolutions for a Happy, Healthy New Year – all year long!

Since everyone’s health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that’s right for you.

Vegetarian Linguine Bolognese

Serves 6

Ingredients:
2 teaspoons vegetable oil
3/4 cup quartered mushrooms
3/4 cup leeks, cut into 1” pieces
1/2 cup celery, cut into 1” pieces
1/2 cup carrots, cut into 1” pieces
1/2 cup zucchini, cut into 1” pieces
3 tablespoons minced shallots
2 tablespoons minced garlic
1 cup canned diced tomatoes in juice
3/4 cup prepared spaghetti sauce
3 tablespoons dry white wine
3 tablespoons chopped fresh basil leaves
1/4 teaspoon kosher salt
3 cups hot cooked whole grain linguini
2 tablespoons very thinly sliced fresh basil leaves
1 tablespoon shredded Parmesan cheese

Preparation:
In food processor, pulse mushrooms, leeks, celery, carrots and zucchini until finely chopped.
In saute pan over medium-high heat, heat oil. Add chopped vegetables. Saute 4 minutes. Add garlic and shallots. Saute 2 minutes.
Add tomatoes, spaghetti sauce, wine, chopped basil and salt. Bring to a boil. Reduce heat. Simmer 3 minutes.

For each serving: On serving plate, place 1/2 cup hot linguine. Top with 1/2 cup sauce. Sprinkle with 1 teaspoon sliced basil and 1/2 teaspoon cheese.

Serve immediately.

NUTRITIONAL INFORMATION per serving

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