

J A N U A R Y 2 0 1 8

Nutritionally Speaking

with

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A New Year, A New You!

The Holidays have passed and now its time to keep up with those New Year's Resolutions. Remember to begin by setting small goals for yourself. Choose goals that are realistic. Make them goals you are willing to do. Setting large, unrealistic goals might make you feel overwhelmed or may limit your progress. Even if you have gotten off tract during the festivities don't worry it's a New Year and we are here to guide you through meeting your health and nutrition goals.

*Now is the time to focus on
you and your health!*

You have survived the festivities and you might be concerned that you have put on a bit of weight. You search frantically online for quick solutions and commercial diets that promise you can lose 50 lbs. in 2 weeks! It all sounds too good to be true – and it is. Going on an extreme “diet” is not the best solution. The best solution is to return to healthy eating habits with small, slow, and well thought out changes!

New Year's Resolution Goals!

Setting a Goal

When you set a goal for yourself, try to set a **SMART** goal.

S-specific

M-measureable

A-achievable

R-realistic

T-timely

For example, your goal can be to reduce your soda intake from 2 cups to 1 cup within 2 weeks. It is specific and measurable because the amount is mentioned. Decreasing your soda intake by 1 cup is possible and achievable. Be sure to make specific goals based on your motivation level. Drastic changes are not realistic for most people and can become overwhelming. Small changes can help change a behavior for the long term.



Identify Obstacles

Who knows you better than yourself! What are your cravings that may come in between reaching your goals? Does passing by a pizzeria make you crave a slice? Walk down a different route. Do you eat cookies when you see them in the cupboard? Then move them or stop buying them. Brainstorm different solutions to overcome any obstacles between you and your goal.

Food Goals

If you decide to make a goal about what you eat, here are a few tips:

- Reduce foods high in sugar or fat by a small amount at a time.
- Try to not skip breakfast. It is the most important meal of the day! It *breaks* the *fasting* you did overnight and can provide you with enough energy to start your day.
- Make healthy goals such as switching some of your grains to whole grains, eating more lean meats, drinking more water, or adding more vegetables to your meals.
- Snack on fruits, nuts and seeds, or yogurt.
- Have a craving? Then eat it! Just make sure to watch your portions and keep in check how often you do so.

Exercise Goals

If you make an exercise goal, you have a few options as well:

- Many gyms have promotions at this time, so if you've been thinking about getting a membership, now may be a good time to do so.
- You can exercise with friends or join a group. There are many different exercise groups around the city with varying fees, and there are even some free programs!
- You can also simply walk or jog in your own community or do some exercises at home if you have the equipment. You can even dance!

Healthy New Year Recipes

Kale Pomegranate and pecan Salad

Serves 2

Ingredients



Salad

8-10 cups of kale, washed, stemmed and cut into ribbons

½ cup roasted pecans, chopped

1 cup pomegranate seeds (1 medium pomegranate)

¼ cup sunflower seeds, roasted

2 ounces feta cheese, crumbled

Salad Dressing

½ small red onion, diced

1 clove crushed garlic

¼ cup extra virgin olive oil

¼ cup apple cider vinegar

Pepper to taste

Directions

- 1. In a large bowl combined kale, pecans, pomegranate seeds, sunflower seeds and feta cheese.**
- 2. In a small bowl combine onion, garlic, olive oil, vinegar, and pepper. Mix well and adjust seasoning.**
- 3. Drizzle dressing over the salad and gently toss together.¹**

Banana Strawberry Ice cream (no dairy)

Serves 2



Ingredients

1 ½ ripe bananas, sliced and frozen

1 cup strawberries – divided*

Directions

- 1. Freeze bananas a day before overnight.**
- 2. Chop strawberries**
- 3. Add frozen bananas and chopped strawberries to the food processor/blender and blend.**
- 4. For some chunky strawberry ice cream, set aside ¼ cup of the strawberries to add to ice cream.**
- 5. Scoop into bowl and enjoy immediately as a soft served.**
- 6. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour.²**

Dear Renata



Dear Renata,

For the New Year I would like to start making healthier choices and have heard about the benefits of pre-biotics. What are pre-biotics good for and where can I find them in the foods I eat? HB

Dear HB,

I'm glad you've decided you want to make healthy changes to your life. Trying new foods is certainly the best way to start! Pre-biotics are "non-digestible" parts of certain foods. In other words they are not broken down through human digestion. Pre-biotics can help the growth of beneficial microorganisms in the intestines and help absorb calcium, maintain bone health and play a role in satiety. Pre-biotic foods are garlic, onion, artichoke, asparagus, leeks, whole wheat and banana.

Dear Renata,

I want to start exercising to lose weight and better my health for the New Year. I've not exercise in a while and would like to know some tips on the right and safe way to start making exercise a constant routine in my life. Is there anything important I should know? AS

Dear AS,

Congratulations on deciding to make a healthy lifestyle change! Most importantly you should make sure to have a physical exam in order to be cleared for exercise. Before you begin, make sure to fuel your exercise with a snack, usually a fruit about 30 minutes before starting (apples with peanut butter will do the trick). Make sure to take 5-10 minutes to warm up and cool down properly. For beginner's, start slowly and boost your activity level gradually and make sure to try different activities to find the right one for you. Concentrate on good form; never sacrifice good form by speeding through sets. Drink plenty of fluids to stay hydrated and don't feel pressured to continue whenever you need to stop when your feeling overly fatigued. Lastly, after an exercise, you should have a protein snack, such as milk or a yogurt, to help rebuild your muscles. Good luck!

Have a nutrition question?

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