



Blog of the month – January 2016

Yes you can!

Old Father Time has bid adieu and the New Year's here. It's that time to reflect on accomplishments in the last 12 months and what's on tap for the next 12. And if you're like most, your to-do list for 2016 probably includes some sort of health goal like losing those last 10 pounds or swearing off an old habit.

The problem with these kinds of goals is that they essentially revolve around giving something up. And frankly, depriving oneself of anything (even a so-called "bad" habit) just isn't appealing to most human brains. Our intentions are noble to be sure, but eliminating "bad" foods or habits cold turkey is downright tough and usually results in broken resolutions ... again. So instead of setting goals around what you can't [eat, drink or do] in 2016, think about adding new "cans" to your goals instead. For example:

If you want to shed a few pounds this year, instead of concentrating on what you can't eat, resolve to eat more of what you *can* eat to achieve a healthier weight. We're talking about high-fiber, nutrient-rich foods like fruits, vegetables, wholesome grains (like our favorite, barley) and legumes.

High-fiber foods offer lots of important health benefits like preventing digestive issues, fighting type 2 diabetes and reducing the risk for coronary heart disease. High-fiber foods are also helpful in controlling weight. That's because they tend to be naturally lower in calories, and when eaten, make you feel fuller faster.

The Academy of Nutrition and Dietetics says that in order to get the recommended amount of fiber in the daily diet, most adults should aim for eating 2 cups of fruit, 2-1/2 cups of vegetables plus whole grains and beans every day.

So if you're looking to shed a few pounds this year, don't lament all the stuff you can't eat. Savor all the delicious and nutritious foods that you can eat ... and be prepared to watch those pesky extra pounds disappear. Happy 2016!