



A lifestyle approach to improving mood and wellbeing

"LET THY FOOD BE THY MEDICINE AND THY MEDICINE BE THY FOOD."

HIPPOCRATES

## Making (and Keeping) New Year's Resolutions!

The end of the year is, for many, a time for reflection on the past and for aspirations for the future. Many people make resolutions for healthier choices in the new year. However, researchers suggest that only **9%** of Americans that make resolutions complete them. There are many reasons for this and this issue of Food and Thought would like to address them and help you to make—and keep—your New Year's resolutions.



## Making New Year's Resolutions that Last

There are several reasons why New Year's resolutions don't last beyond a few months (or in some cases, a few days!). These can include setting goals that are not meaningful, unexpected obstacles occur, goals are not measurable or are too vague, or lack of accountability. So, to make your New Year's resolutions more likely to stick, keep these simple recommendations in mind as you set your own goals for 2024.

1. Choose something meaningful.
2. Set very specific goals.
3. Have a clear plan for your resolution.
4. Keep it simple.
5. Choose something new; don't repeat past efforts.
6. Identify your support system to help you be accountable.
7. Give your resolution time to become a habit.

Get Ready,

Get Set...

Go!



The Food and Thought Program works to promote awareness and provide short term counselling around the important link between nutrition and emotional health. For more information or for a referral to the program, please contact the Food and Thought Program at 781-599-0110.

## Making small changes can bring big rewards.

Keep Your 'Eat Better' New Year's Resolution With These Helpful Tips.

1. **Make time for breakfast;** start the day with yogurt, fruit or whole-grain cereal with low-fat milk.
2. **Don't skip any meals or snacks;** fruit & nuts are healthy choices.
3. **Include a total of 30 minutes of activity every day;** 10 minutes here and there goes a long way.
4. **Drink fewer sodas and other sweetened drinks, like iced tea.**
5. **Meet your goal.** Aim to eat at least five servings of fruits and vegetables every day.
6. **Buy pre-cut fruits and vegetables.** Convenience makes you more likely to choose them when you're hungry.
7. **Pack healthy snacks.** Save time and money by bringing snacks like hummus, yogurt, cut-up veggies, and string cheese to work, school, or other activities.
8. **Upgrade your salad.** Add whole grains to boost the fiber, so you'll feel full.
9. **Fix pasta dishes with veggies and lean protein** (like canned tiny shrimp, tuna canned in water, precooked chicken breast, or soy crumbles)
10. **Go for variety.** Eat a variety of fruits & veggies.