Tips from NFRA

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New Year, New You / National Nutrition Month

2021 is upon us and the diet resolutions have begun. Given that over 80% of New Year's resolutions fail within the first few weeks [1], help your shoppers stay on track to a healthy New Year and as we head into National Nutrition Month with some of our favorite tips from our Registered Dietitian.

Tip #1: Bring It Back to the Basics

Meals don't have to be fancy...aim for a lean source of protein, healthy fat and quality carbohydrate at every meal.

Tip #2: Set Yourself Up for Success

Create small, obtainable goals such as the following:

- Eat 2-3 cups of vegetables per day
- Include a protein source at each meal
- Eat a balanced snack, containing 2 food groups, between meals

Tip #3: Plan Ahead

Now that your goals have been set, think about how exactly you will achieve these goals:

Goal: Eat 2-3 cups of vegetables per day
Suggestion: Keep a bag of frozen veggies on hand at all times.
No time to prep lunch or dinner? No worries! Grab a frozen meal and a bag of frozen veggies. Before microwaving the meal, throw in a cup or two of frozen veggies.

Goal: Include a protein source at each meal
Suggestion: Create protein packs to add to each meal.
On the weekend, portion your protein for the week into baggies/containers - for example, frozen shrimp or chicken for lunches/dinner and yogurt or eggs for breakfast.

Goal: Eat a balanced snack, containing 2 food groups, between meals
Suggestion: Include two food groups at each snack; one should always be a protein source such as dairy or nuts.

- Parfait with 1/2 cup yogurt + 1/4 cup frozen blueberries
- 1 cheese stick + 1/2 cup crackers
- 1/2 whole grain bagel + 2 T. cream cheese + 1/2 celery
- 1/4 cup nuts + 1/2 cup carrots

[1] Luciana, J. (2015). Why 80 Percent of New Year's Resolutions Fail. US News and World Report. Retrieved from https://health.usnews.com/health-news/blogs/eat-run/articles/2015-12-29/why-80-percent-of-new-years-resolutions-fail