New Year, New You / National Nutrition Month

2019 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


For more tips and recipes, visit EasyHomeMeals.com