



Nutrition Newsletter

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National Nutrition Month

Every March the Academy of Nutrition and Dietetics hosts National Nutrition Month. This year's theme is "Bite Into a Healthy Lifestyle"- focusing on long term changes rather than temporarily dieting . Year after year, people make New Year's resolutions promising to never eat sugar or sweets again and often these types of resolutions end in failure. The main reason for the persistent failure? Resolutions like these

are often not sustainable as life long changes. Many people set goals for themselves that are not realistic or achievable. In order to make changes towards a healthy lifestyle, it's important to evaluate your current habits and decide what changes you need to make first. Then, set realistic and achievable goals for yourself. If you can't stand going to the gym then don't set a goal to go to the gym every day-

pick activities that interest you and that you truly enjoy so you are more likely to stick with it for a long period of time. Don't eliminate whole foods or food groups- don't set the standards too high for yourself. Saying you will never eat sugar or sweets again is unrealistic and likely won't last. People that tend to have overly restrictive diets, especially elimination diets, tend to overindulge down the road.

you accountable for your actions as well as to be able to see your accomplishments. Keep a food and exercise journal; write your goals in the front of your journal to remind yourself daily what you are working towards. Living a healthy lifestyle is all about living a healthy life with a well-balanced diet, being mindful of what you consume and getting regular physical activity. Everyone's healthy lifestyle won't be the same- you should cater your goals and changes to food and activities that you enjoy in order to have a greater chance for success. Once you've made these lifestyle changes you likely won't even remember or think about the way you used to eat or not eat- making lifestyle changes is just that a LIFESTYLE and should be life long!



Resources: The Academy of Nutrition and Dietetics; Images from googles images