

## Healthy Measures: What's In Store for You in the New Year?

Have holiday festivities left you with a few extra pounds to start the new year? As soon as you step on the scale, does the number make you want to lose the unwanted body weight? While trimming a few pounds is a popular resolution, it often results in failure.

Research studies have found that 75 per cent of those who start a diet regime in the new year often fall off the plan within one year. If you do succeed in losing those few extra pounds, you will regain them if you fall back into old eating and activity habits. If you would like to fight off unwanted weight long-term, make a resolution to focus on improving your eating and activity habits and don't just focus on "dieting".

When making a New Year's resolution, choose one that is realistic for you. Start out with small steps and gradually work up towards your goal. Here are some tips:

- Eat at least one or two more servings of vegetables and fruits each day. [Eating Well with Canada's Food Guide](#) recommends adults over the age of 19 consume seven to ten servings of vegetables and fruits each day.
- Start your day with a healthy breakfast that includes at least three of the four food groups from [Eating Well with Canada's Food Guide](#). Breakfast serves as a kick-start to your metabolism and it also controls your appetite for the day to prevent you from overeating at later meals.
- Stock up your pantry and fridge with healthier snack options, such as unsalted nuts, vegetables, fruits, low-fat and low-salt crackers, low-fat yogurt and cheese
- Set aside some time in the week to plan your meals and snacks ahead of time
- Make an effort to include physical activity as part of your day. [Canada's Physical Activity Guide to Healthy Active Living](#) recommends Canadians be physically active for 30 to 60 minutes on most days by doing moderately intensive activities such as brisk walking

Small changes to your lifestyle can result in large benefits to your health. Making these changes over a longer period of time will increase your chances of success — why not start today?

### For more information:

[Eat More Vegetables and Fruit](#)  
[Blast Off with Breakfast](#)  
[Healthy Meals for Fast-Paced Lives](#)  
[Menu Planning Solutions](#)

**If you have questions about nutrition and healthy eating**, contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

**Healthy Measures: Eat Well, Be Active and Be Yourself!**