

Healthy Measures: Cheers to a New You!

Happy New Year! It's the start of a new year and a time when many resolve to improve their health. The problem is that most good intentions get derailed within a few weeks.

Here are some tips to keep you motivated and to help you stay on track to a new and healthier you:

- **Be realistic with your goals** – Don't set yourself up for failure by setting goals that are not within your reach. Make resolutions that you think you can keep. By making your resolutions realistic, there is a greater chance that you will keep them throughout the year incorporating healthy behaviours into your everyday life.
- **Start small** – Making small changes can result in large benefits to your health. Focus on one goal at a time. Remember that you are working towards long-term changes, so give yourself time and applaud each new healthy habit as you go. Here are some examples of attainable healthy goals to strive for:
 - Enjoy one more fruit each day
 - Make a commitment to start your day off with a healthy breakfast
 - Include a vegetable with lunch and dinner
 - Add more whole grains into your diet such as whole wheat pasta, barley, brown rice, oats and quinoa. Check out this [quinoa and lentil pilaf recipe](#) from the Heart and Stroke Foundation of Ontario.
 - Incorporate more beans, peas, lentils and tofu into your meals. Try this [white bean and chicken chilli recipe](#) for a hearty, healthy meal
 - Go for a walk during your lunch break
 - Use nutrition labels on food products to help you make healthy choices
- **Get Support** – Try finding a partner or group to help you on your journey to health. Having someone to share your successes and struggles with makes it easier to stay on course.

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