

Nutrition Notables

Volume 3, Issue 1

January 2010

Special points of interest:

- Learn how to make your New Year's Resolutions a yearlong set of mini-goals!
- Learn how to make a quick and hearty stew!

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New Year's Yearlong Resolution

About half of Americans make New Year's resolutions each year. However, within one week 25% of people have already quit on their resolutions, and by 6 months more than half have given up. Ever wonder why? Most often goals are just not specific enough; other times they are just too unmanageable.

So what can be done about this? Try considering your New Year's resolution as a constant work in progress, just like you. Set small goals for each month. Pick one change you would like to make in January. Then in February continue with that change and add another one. Keep doing this until the end of the year.

Improving health and weight loss are two of the most common resolutions each year. So the following is an example of a yearly set of goals to work toward a healthier you.

January—Clean out!

This is a great time to start cleaning out your pantry. Rather than throwing stuff out, start by using up unhealthier items out of the refrigerator and pantry. You don't have to do it all at

once, just little by little use the items until they are gone. This is easier on the budget and will give you time to slowly adjust to the missing items.

February—Stock up!

Now that you've cleaned out some of your less healthy options, take time to create a permanent grocery list of healthier options. Take it to the store with you each time to make sure you always have healthier staples in the house.

March—Slow down!

Most of us tend to eat on the go. However, this isn't good for our health. Eating while doing other things can lead to overeating. So this month make an effort to focus on eating. Don't watch TV or work on the computer at home while eating and at work take a few minutes to get away from your desk and eat. Try eating in only at the table and chewing your food 20 times before swallowing.

April—Get moving!

By now the weather is getting nicer and we're all starting to get "cabin fever" from being indoors all winter. Take advantage of that feel-



Make a New Yearlong Resolution!

ing to get out and get started on some exercise. Most everyone can safely start a walking program. If you have concerns about exercise and your health, contact your doctor or consider a referral to an exercise physiologist.

May—Stop Skipping!

Skipping meals can lead to bad moods and overeating later. It can also slow your metabolism and make it harder to lose weight. So this month try to get in the habit of eat something every 3-4 hours. It doesn't have to a whole meal necessarily. A cup of fruit and a handful of nuts would count even!



Enjoy this warm hearty stew on a cold winter day!

Recipe Box– Beef Barley Stew

This hearty stew is quick and easy to load in the crock-pot the night before. Turn it on when you leave in the morning and by the time you get home it'll be ready to eat. It pairs very well with a hearty whole wheat bread.

In a crock-pot combine:

1 lb beef, cubed (round roast or sirloin steak are best)
 1/4 cup olive oil
 2 cups chopped carrots
 1 cup finely chopped celery

1 cup finely chopped onion
 12 cloves minced garlic
 1/2 cup tomato puree
 1 tsp dried thyme
 1 tsp ground coriander
 1 tsp ground black pepper
 1 tsp dried basil
 1 cup pearled or hulled barley
 6 cups low sodium beef broth (If preparing the night before, add in morning before starting crock-pot)

Cover crock-pot. Place crock-pot on low and cook at least 6 hours.
 Serves 8.



Break your New Year's Resolution into Manageable Monthly Goals!

New's Years Yearlong Resolution—Continued

June—Plan Ahead!

This month, try creating a menu plan for the week and a grocery list from that. Then stick to the list and don't buy extra items. This will help you plan healthy meals based on your schedule for the week and will save you multiple trips to the grocery store too.

July—Try Again!

By now you've passed the middle of the year. Now is a good time to take a look at what has gone by the wayside. Take this month to get back on track on the habits that you've lost and reinforce the ones that you've continued to do.

August—Serve Ahead!

Instead of passing food bowls around the table, put food on the plates and then take them to the table. This will keep the food out of sight, which will make you less likely to reach for sec-

onds and will provide portion control.

September—Clean Up!

Try brushing your teeth after each meal to make you less likely to keep eating. It will get the taste of the food out of your mouth so you won't think about it as much.

October—Keep Busy!

Many of us eat out of boredom or habit. To avoid this pitfall, try keeping busy. Maybe learn a new hobby so start back doing a hobby that you haven't had time for. If you have a habit of eating in front of the TV, try doing something else while you're watching TV instead. Knitting or crossword puzzles will fill you're hands so they can't be holding food.

November—Fill up!

This time of year parties with food start becoming very popular, and often the

food at those parties can be pretty unhealthy. Fortunately, you can plan ahead by filling up. Before you go out, have a small healthy meal. This will keep you from being over hungry and will allow you to make better choices.

December—Food Free!

The holidays always seem to mean food and lots of it. This month try planning something that is food free. Maybe have an ornament exchange instead of a cookie exchange. Consider giving leftovers or unwanted cookies to a homeless shelter. Get creative; there are plenty of fun ways to celebrate that don't need food.

So there's an example of how to make your New Year's resolution an ongoing process. Feel free to add your own ideas and have a happy and healthier New Year!

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