



Nutrition Nibbles

Happy New Year!

I hope you enjoy this first issue of my nutrition newsletter. As many of you know, nutrition is my passion and this year I have committed to share tidbits (or nibbles) of nutritious info with you! Each newsletter will introduce a hot topic, favorite food item, healthy tips and tricks for the college set (or former college student). My hope is that you'll be inspired to make some healthy changes in your life one step at a time. Happy reading!

—Mary

New Year's Nutrition Tips

2007 is here and many of you have probably decided to make some lifestyle changes. Here are a few tips to get you started on your New Year's Resolutions:

- Be realistic! Don't resolve to give up your favorite foods or treats. Can you really live without bread or chocolate for the rest of your life? If you regularly overindulge, try cutting back slowly. Remember, all foods fit in moderation.

[More Details on page 2](#)

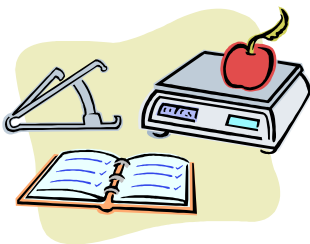


Let me know how you like this newsletter!

Favorite Food

Everyone always asks me "So what does a dietitian eat?" Well, this month I am enjoying Kashi's frozen entrees. Each one includes a serving of whole grains, lean protein, and vegetables. They're high in fiber and tasty too! They can be a little high in sodium but they are better than heading through the drive-thru when you're pressed for time. Look for them in the freezer section.

College Corner: Pantry Purge



**Too busy to eat right?
Think again...**

Want to start the new semester or quarter off on a nutritious note? Perform a dorm room purge. The New Year is the perfect opportunity to rid your digs of "junk food" that may have made an appearance in your diet during last year's finals. This is the only occasion I will tell my clients to "purge." In fact, I purge my own pantry every 6 months or so. It makes healthy eating that much easier!

Step 1: Locate your food stash.

Step 2: Get rid of the obvious. Toss out anything old or moldy.

Step 3: For your remaining items, look at the ingredient list on the Nutrition Fact label. Throw out any food item that contains sugar, high fructose corn syrup (another fancy name for sugar), partially hydrogenated oil (aka "trans fat"), fat (butter, lard, oil) or sodium (salt) in the first 5 ingredients. Chances are, these are poor food choices that are not helping you meet your health goals.

[More Details on page 2](#)

New Year's Nutrition Tips continued...

- Be reasonable! Don't try to take on too much, too fast. Pick your top eating priority and focus on that first. For example, you may decide to increase your daily fruit consumption. Rather than going from 0 to 3 servings overnight, try to include an extra serving in your daily diet each week. Increase by one serving weekly until you reach your goal.
- Take stock! If you think your diet needs some help, try monitoring your eating habits for a week or two and comparing them to the Food Guide Pyramid to see where you fall short. Use this information to help form some New Year's goals.
- Don't weight! If 2007 is the year to shape-up your weight, go for it! Good, solid (and satisfying) nutrition combined with regular physical activity can improve your health and weight. Break your long-term weight loss goal into mini-goals. Aim to lose just one pound at a time. This will be much more manageable!
- See your dietitian! If you need help improving your health, see the REAL nutrition expert (a registered dietitian). Remember, anyone can call themselves a "nutritionist." Don't waste your money on someone who may not have the credentials to help you achieve your health goals in a safe manner.



Pantry Purge continued...

Step 4: Restock your cupboards. Make a trip to the store and load up on nutritious nibbles like low-fat yogurt, fresh or frozen fruit, baby carrots, natural peanut butter, fruit and nut mixes, low-fat granola bars, whole grain cereals, and part-skim mozzarella cheese sticks. Healthy eating is like any college exam, you need to be prepared in order to succeed!

Having trouble throwing out food? Remember what I always say: "Better to waste, than to waist!"

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