



Nine Nutritional New Year's Resolutions *for the whole family*

The holidays are a festive time for family and friends which often involves consuming food and drink without paying attention to what these treats are doing to our bodies. But when the holidays are over, it's a good time to get back on track and eat healthy again.

Rising obesity rates, physical inactivity, and poor nutrition are the main factors threatening the quality of life for Americans in general and South Carolinians in particular.

FAST FACTS

2014 health rankings found South Carolina as the 42nd healthiest of the 50 states.

Nearly one-third of adult residents in South Carolina are obese.

South Carolina ranks 7th among states in Diabetes and 8th in high blood pressure.

So, what can we do about this? Consider these nine nutritional New Year's resolutions that can make you and your family more healthy.

START FRESH. Instead of eating to get rid of the leftovers, throw them out and replace them with fruit, vegetables and healthier foods.

SNACK SMART. Rather than eating three large meals a day, eat smaller meals and healthier snacks throughout the day. This will boost your metabolism and help you burn calories easier. Fruit, high-fiber crackers with low-fat cheese, and vegetables are ideal snacks as they are low in fat and high in fiber.

PACK YOUR LUNCH. Eating out can ruin any diet. Packing your own lunch will help you control your diet by making healthier and satisfying low-fat and low calorie choices. Afterwards, you can enjoy a walk to clear your mind before returning to the office.



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PRACTICE PORTION CONTROL. If you are not paying attention to how much you are eating, even eating healthy can result in weight gain. Portion control can be as simple as refusing a second helping or sharing a meal.

TRY SOMETHING NEW. Trying a new recipe can take the boredom out of meals by expanding your palate to enjoy an increasing variety of different fruits and vegetables that are also low calorie.

STAY HYDRATED. Many times, whether at work or home, we reach for food when all we are is thirsty. Try keeping a glass of water or a piece of fruit near you to quench your thirst and satisfy your hunger.

GET MOVING. A healthy diet and exercise go hand in hand, so plan to move more. Whether a short walk around the office or increasing your outdoor activities during free time, the goal is to control your weight and get in good shape.

EAT BREAKFAST EVERY DAY. Not only does breakfast wake you up, it increases your metabolism and keeps you energized. Cereal, a veggie omelet, and/or oatmeal with fruit will add needed protein and fiber to your diet.

CUT LIQUID CALORIES. Eating healthy but not drinking healthy will not help you achieve your health goals. Sodas and lattes can add up to 1,400 calories a week. Cutting these high calorie drinks can eliminate a lot of excess calories from your diet.

These resolutions for healthy eating, drinking and living are easy to adopt. Follow them and you will see that success has its own reward.

MORE INFORMATION

The Centers for Disease Control and Prevention | www.cdc.gov
SC Department of Health and Environmental Control | www.scdhec.gov
"Obesity-related Health Issues in South Carolina" | www.stateofobesity.org
"9 Nutritional New Year's Resolutions" | www.everydayhealth.com



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