

# Healthy Eating For The New Year

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(PIXABAY)

As fast as the days go by, it is easy to catch ourselves forgetting goals we had made in the new year. Whether it was to save money, eat healthier, lose weight, or to try out a new hobby, it tends to get lost in an already busy schedule. This newsletter will outline easy ways for you and your family to incorporate healthy eating this new year! This will include nutrient-dense foods that will not only taste good but also you will feel great!

Some basic start-up tips for gearing up your healthier eating this year are:

1. Prepare More Meals for the Family

2. Read Food Labels
3. Focus on How you Feel after Eating
4. Drink More Water  
(Healthy Eating, 2018)

## Home Cooking

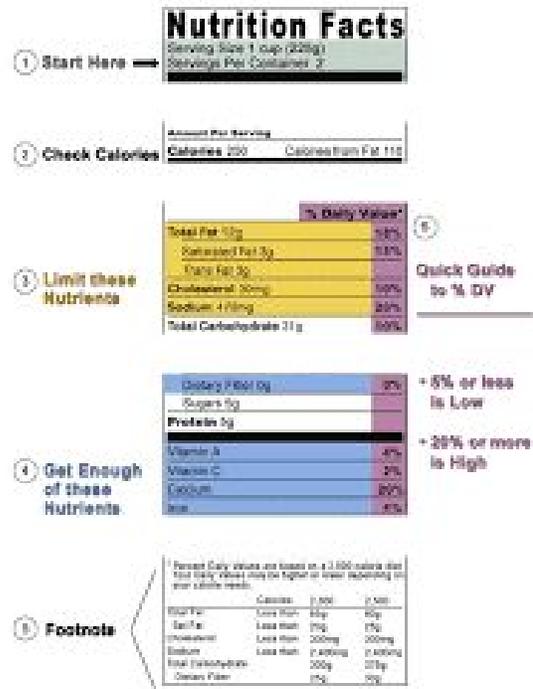
With work, and your children also having their array of activities, opting for the drive-thru can be an easy option for a family on the go. While convenient and seemingly cheaper, you might think “oh well.” Making home-cooked meals might not seem time efficient, crockpot meals and meal prepping beforehand

might really be helpful on those busy nights. There are plenty of healthy recipes that are online that can be prepared and frozen for those days that are going to be busy. These can be thrown in the crockpot and will be ready for your family when you come home. Cooking in advance will give you the ability to save time during the week on and help you prepare multiple food groups. On the weekends, you can prepare a buffet style meal prep of your favorite vegetables, whole grains, or protein that can be reheated when it is time to eat. Doing this allows you to eat the food your family desires to eat but would usually skip because of the cooking process.

## Food Labels

How often do you read a food label? Never? Often? Every time? Sometimes choosing reduced-fat items can lead to a higher content of sodium. While it may seem optimal for a lower fat item, choosing something with higher sodium is also unfavorable. Reading food labels is key to understanding what you are eating and what manufacturers might not want you to notice. Look out for items that contain:

- High Sodium
- Trans Fat
- Hydrogenated Oils
- Added Sugars/ High Sugar
- High Fructose Corn Syrup



(Food and Drug Administration)

## Focus On How You Feel

When you are eating, try to focus on how you feel. Filling your plate might make some feel the need to eat everything, but if you refrain from filling your plate, you can decide after eating your first portion if you truly are hungry for more. This can help with overeating. If you are trying to lose weight, even using smaller plates and cups has been shown to help reduce the calories consumed (Cornell Food and Brand Lab, 2016).

(pixabay)



## Water, Water, Water

There is no question that water is an essential part of our diet. Water, a calorie-less drink, can help when it comes to healthy eating. Staying hydrated and drinking enough water for your body will aid in satiety (or the feeling of fullness) when you eat your meals and will help stop overeating. Being dehydrated can be confused with being hungry which is why it is so important to stay hydrated throughout your day.

In the summer when it is hot outside, and you perspire, you are aware that you need water. In the winter months though, it is not as easy to tell that you are dehydrated. Drinking plenty of water throughout the day is just as important during the winter as it is in the summer. There are water bottles that have different times of the day marked to help you track your water progress and also get the water you need. This water bottle could even be created as a DIY. If drinking water is a difficult task, add fresh fruit or lemon to add some flavor!



(pixabay)

## Freezer to Crock Pot Chicken Curry with Cabbage and Peppers

### Ingredients:

3 lb boneless chicken, cubed  
4 cups milk - I used almond.  
4 tsp curry powder  
2 small yellow onions  
2 medium red bell pepper, chopped  
1 medium green bell pepper, chopped  
1 head of cabbage, chopped

Divide ingredients between 2 bags, in a ziplock bag, minus the milk. Freeze. Cook on low for about 4 hours until done. Add milk during the last 15 minutes of cooking.

Serve over rice or noodles (optional).  
(Mixing with Michelle, n.d)

Without rice or noodles, this recipe provides:

- 486 calories per serving
- 10g of fat
- 4.7g of dietary fiber
- 73g of protein
- 1 mcg of Vitamin D
- 287mg of Vitamin C
- 3 mg of Iron
- 886 mg of Potassium

With a ½ cup of brown rice, add 108 calories

With a ½ cup of pasta, add 111 calories



(Pixabay)

Some links for meal prepping tips are below:

<https://www.thebewitchinkitchen.com/meal-prep-tips-catellifamilies/>

[https://www.thekitchn.com/easy-no-cook-meal-prep-plan-260741?utm\\_source=pinterest&utm\\_medium=social&utm\\_campaign=managed&crlt.pid=camp.MBOhP56U4VIN](https://www.thekitchn.com/easy-no-cook-meal-prep-plan-260741?utm_source=pinterest&utm_medium=social&utm_campaign=managed&crlt.pid=camp.MBOhP56U4VIN)

<https://www.youbrewmytea.com/2018/11/how-to-meal-prep-with-kids-underfoot.html>



(Pixabay)

## The Takeaway

Eating healthy can become fun and delicious with the right recipes. It is important to remember that there are no bad foods, there are just better alternatives for those foods.

Implementing changes in your family's daily meal plan will benefit you and your family as a whole. Let's make eating healthy fun again!

## References:

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