



# NUTRITION CORNER

## JANUARY 2022



*From the desk of the OFA Registered Dietitian: Juanita Bryant, RDN, CDE*



The beginning of a new year can signal a fresh start. It can be a decision to pursue weight loss, smoking cessation, making healthier food choices, or to begin exercising. Often even with good intentions, some of us lack follow-through. Here are some resolutions that can not only improve your health but also be followed for life.

### *EIGHT SIMPLE NEW YEAR'S RESOLUTIONS*

1. **Consume more whole foods:** vegetables, fruits, nuts, seeds, & whole grains; increase intake of fish & reduce intake of red meats
2. **Exercise:** helps keep muscles limber & your heart pumping
3. **Cook more meals at home:** control of ingredients & portion sizes
4. **Spend more time outside:** fresh air helps to reduce stress, improve mood & blood pressure
5. **Reduce convenience foods:** they are high in fat & sodium which can contribute to obesity, heart disease & diabetes
6. **Add more fruits and vegetables:** the fiber improves digestion & satiety
7. **Visit your doctor:** regular visits & routine blood work helps avoid potential health issues
8. **Take care of your teeth:** natural or dentures - to be able to eat you need teeth - regular dental appointments are important

*Best Wishes for a very Happy and Healthy New Year 2022*

For information on the Home Delivered Meal Program or Meal Cancellation Call Gateway Hudson Valley: **331-2496**

For information on OFA's Community Cafés Call Gateway Hudson Valley: **331-2180**

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