



# Nutrition Education



## Aim to Drink 8 Servings of Water Each Day

Water is an essential nutrient that plays a crucial role in keeping your body systems working properly.

- ◆ Try adding in fruit or citrus slices to your water for added natural flavor
- ◆ Carry a refillable water bottle with you wherever you go
- ◆ Keep a glass of water next to you while you are at home
- ◆ Make water your drink of choice instead of soda

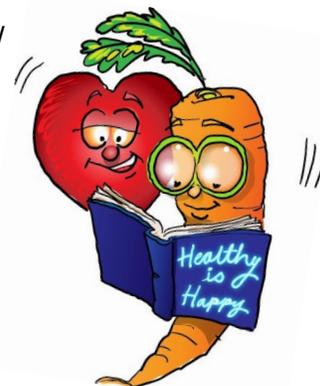
Sources:  
The Academy of Nutrition and Dietetics

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January 2022

## Start a Healthy New Year!

The New Year is a time to start off on the right foot and towards a healthier year ahead. For most people, the start of a New Year elicits New Year's resolutions. Some of the most common New Year's resolutions are diet and weight based. Instead of referring to trendy fad diets or resolutions that may set you up for failure, try shifting your focus on setting small, attainable and realistic goals. This helps to take the pressure off and by setting goals in this manner you are more likely to stick with it.



### Here are some healthy goals you may want to use:

**Make a Meatless Day:** By eating meatless one day (or more) a week it not only can improve your health, but it can help the environment. Try including plant-based proteins like beans and legumes.

**Get more of the Sunshine Vitamin (Vitamin D):** Vitamin D plays an important role in bone health. Try spending 5-10 minutes in the sun, 2-3 times per week.

**Practice Mindful Eating:** Be present and in the moment when eating. Use all of your senses and savor each bite.

**Try new plant-based recipes:** Research shows that plant-based diets, such as ones that include plant-based proteins, are associated with lower risks of heart disease, obesity, hypertension, type 2 diabetes and certain cancers. Try a new recipe once a week using vegetables, grains, legumes or fruit as the main entrée.

**Focus on what you can eat and not what you can't:** Try focusing on adding in more nutritious foods to your plate instead of what you should avoid.



**Have a Happy Nutritious New Year!**

