

## **New Year's Resolutions**

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We are well into January 2020! I just read that most people have given up on their New Year's resolution by Jan. 12<sup>th</sup>!! I encourage people to set a reasonable resolution:

- In the beginning exercise once a week vs. 5-7 times a week.
- Eat more fruits and vegetables to promote weight loss vs. lose 4 pounds a week.
- An occasional dessert vs. no desserts.

I often ask my clients how confident they are about making a change. It is important to remember that changes in food choices and fitness should be fun and enjoyable. If not, long-term success may not be possible.

Here are some ways of thinking about looking at things a bit differently. The idea is to have a "shift" in our portions. This doesn't mean that we have to cut something out of our food choices but can we "flip" the portion. I just saw this example on a culinary webinar that I attended. It was for a pear cobbler. Here is the shift, instead of having a large scoop of ice cream and the crisp on top of a small portion of baked pears, the pears take up more space on the plate but there is still some ice cream and crisp topping to enjoy. The dessert makeover will leave you feeling satisfied, without giving up any flavor!

This year lets look at things differently. Let's focus on using smaller plate and smaller portions. Use herbs and spices to make meals healthier and flavorful. Try not to focus on not eating something we love that may not be the healthiest rather eat it less often and have a smaller portion size.

Wishing you a Happy Valentine's Day. I chose this recipe because I thought it would be fun to make for your special someone.

