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Happy New Year, Now Eat More!

Yes, you read that right - eat more! You know, if your resolution was to go on a diet, that it will last about 2 weeks if you're hungry all the time. So be sensible, don't starve yourself, eat up! Just be sensible about what you fill up on. Here are a couple of ideas for eating more.

Eat more fiber. Most of us don't get nearly enough. Increasing the fiber in our diet can help us lose weight and keep us feeling full longer. It will help protect us from certain cancers. It helps us manage our blood sugar. It will keep our bowels happy and healthy. It will probably keep our hearts healthier too. Beans, peas, lentils and whole grains are great sources, along with fruits and vegetables..

Don't depend on pills. Neither fiber pills nor vitamin pills are as beneficial as more fruits, vegetables and whole grains. The only place we get fiber is from plants. From beans to zucchini, apples to Zante grapes, barley to oatmeal, plants give us fiber. So fill your plate up with plants. Start slow, aim for just one extra serving a day, then work up gradually.

Put a rainbow on your plate. The wider a variety of colors of fruits and vegetables you manage to eat in a week, the healthier you are likely to be. Not only will the variety of vitamins increase, so will the other phytonutrients like antioxidants. It doesn't have to be one red, one green, one blue and one orange each day. If you eat a variety across the week you'll do well.

Most of us stick to lettuce, carrots and tomatoes. So try a few new ones this year. Broil some Brussels sprouts, have a cauliflower salad, saute some chayote. And

use some new seasoning to spice them up. Caraway seeds in the cole slaw, zahtar on the zucchini, you'll surely find a couple you enjoy.

One other possible resolution, switch to whole grains. There are some really good whole grain pastas on the market now. Read the labels and choose whole grain cereals that are also low in added sugar. Pick bread that has 'whole wheat' or 'whole grain' as the first ingredient, no matter what the front of the label says. Try quick barley instead of rice or potato once a week.

You really can eat more and eat healthy. Pick one of these suggestions and work on it for a couple of months. Then pick another and add it to your habits. Happy, Healthy New Year to All!

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