

PENNY SAVER NEWS

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BY: Mary A. Keith, Ph.D., L.D.
Food, Nutrition and Health Agent

Ten Tips to Boost Your Resolutions

If you're like many people, your enthusiasm for sticking to those New Year's resolutions is starting to weaken. You've managed to eat a few more salads. You've given away the last of the holiday candy. Fantastic! But the new skirt is still too tight, and the notch on the belt refuses to budge. Don't give up! Here are 10 tips from the food researchers at Cornell University to help us make it a little easier on ourselves.

A big part of their belief is that is that for many of us the problem is not what we are eating, but how much of it. Take a look around. It's easy to see that our food supply, from fast foods to warehouse stores, is really pushing "BIG". Super-sized servings. Huge packages. Buy more, get more free. So most of these hints are ways to help us manage the amounts, not deny us what we enjoy. Here goes.

One – Go buy smaller plates. Smaller portions will look much bigger on smaller plates. If you can't afford a new set of china, use paper plates. Get 9 inch plates. People given big bowls served themselves a third more ice cream than those given smaller bowls. While you're at it, get colored plates. We see better how much we're eating if the food and the plate don't match.

Two – Divide the plate. At least in your mind, draw a line right down the middle of the plate. Fill half the plate with vegetables, or fruits. The other half is for the meat and potatoes, or fish and pasta, or chicken and rice.

Three – Divide big bags. Yes, it's cheaper to buy big bags. That's how the food industry is making millions, selling us little 100-calorie packages! So, buy the big bag. Then before you eat any of it, divide the contents into lots of little baggies. Now you can snack on one little bag, without the temptation of the rest sitting beside you. People given big bags of chocolates ate twice as much.

Four – And speaking of chocolate candies, if you do buy them, just get one kind, or one color. The more variety we have, the more we want to eat. Do you really think that little green candy really does taste different from the red one? Our eyes do!

Five – One more thing about candies: keep them out of sight. If they're sitting beside the sofa, you'll grab a few at every commercial, and more in between. If you have to go get them out of the top

cupboard, or out of the freezer, they're more likely to stay in the bag instead of on your waist.

Six – Referring to TV, turn it off. Not only do the commercials encourage you to eat more, they keep your mind from paying attention to how much you are putting in your mouth. Instead, take a walk. Dance with your grandkids, or your spouse!

Seven – Use tall, thin glasses. Besides being elegant they look like they have more than short, fat glasses do. And fill them more often with water, less often with juice or soda.

Eight – Buy more good-for-your foods in the grocery store. Shop when you're not hungry, use a list, and only bring good things home. You're the shopper, use your power to control what comes into the house!

Nine – Put more fill-you-up foods on the table. Serve the right-sized portions of meats and starches directly onto plates in the kitchen. But put big bowls of salads, veggies and fruits on the table. Keep veggie nibblers front and center in the refrigerator. The more you see of them, the more you'll eat them.

Ten – Have restaurant foods your way too. Ask the waiter to not bring the bread if that's your temptation. Ask for no cheese sauce on the vegetables, or only half the cheese on the burrito. Take things down a step at a time.

Pick one of these suggestions and make it your mini-resolution for the next week or two. Then, pick another one to focus on. Step by step, you'll get to healthy eating. Here's a warm salad you can put on the table any day of the week. Stick to it!

Sprouts and Nuts Salad

1 ½ tsp olive oil	1 tsp minced garlic
1 slice bread	¾ lb (8C) Brussels sprouts, trimmed
½ tsp Worcestershire sauce	2 Tbsp walnuts, toasted, chopped
1 ½ Tbsp Parmesan cheese	sprinkle of black pepper

Pulse bread in food processor to make fine crumbs. Cut Brussels sprouts into quarters. Heat 1 tsp oil in skillet on medium heat. Add garlic, cook 1 minute. Add breadcrumbs, cook 1 minute more, stirring constantly. Put in small bowl. Add ½ tsp oil to skillet with Brussels sprouts. Cook 8 minutes until leaves wilt and cores are crisp-tender, stirring often. Remove from heat, splash with Worcestershire sauce. Toss with breadcrumbs, nuts and cheese. Serve warm. Serves 6.

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