

A Healthy Start to the New Year

It's that time of year again, you've gained your typical 5-7 pounds, broke your New Year's resolution already and have no idea what to do or where to start.

The following tips will start you in a healthy direction. How you eat is just as important as what you eat. The only way to make a change permanent is to change your behavior.

When someone thinks "healthy", they often think "diet"! Diets do not work but healthier choices do. Remember, every meal is a new opportunity to make a better choice. Celebrate those choices and not focus on the ones you did not make.

- 1. Sit down whenever you eat a meal or snack and without doing other things like watching TV, reading or working:** Sitting down to eat without doing other things allows you to be more aware of what you are eating and to stop when you have had enough. You eat less, feel more satisfied and absorb the most nutrition.
- 2. Eat 3 meals a day and at regular times:** Meals regulate your metabolism and mealtimes are governed by the sun's movement. So, eat breakfast between 5:00 - 8:00 a.m., lunch between 11:30- 1:00 p.m. and dinner between 5:00 p.m.- 7:00 p.m. With hypoglycemia and diabetes on the rise, eating regular meals at the same time each day will help regulate blood sugar along with digestion, bowels and menstrual cycles.
- 3. Do not eat 3 hours before bedtime and stay vertical after dinner:** Your body cleans and repairs itself while you sleep. Your stomach needs to be empty for this process to be efficient. When you put your feet up or lie down, your digestion slows down increasing the time it takes for your stomach to empty. By not eating at night, you will also awake easier and be less grouchy in the morning.
- 4. Eat and cook real food again.** A breakfast bar or protein shake is not a meal. Start cooking and eating real food. Avoid the processed and refined foods because they are filled with additives and preservatives.
- 5. Add Whole Grains and Vegetables to Your Life:** Eating grains in their whole form such as brown rice, barley and millet will add nutrients and fiber to your diet. Make the switch to whole-wheat pasta and breads. Eat a grain or grain-product and vegetable at every meal, even breakfast.

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