

## Top 5 Ways to Jumpstart Your Diet Resolutions

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When it comes to New Year's traditions, ditching your diet resolutions is just as common as faking your way through "Auld Lang Syne." But if you put them on your list year after year, chances are those are the resolutions you need to keep in order to improve your health. So ... maybe it's time for a new approach.

### The key to sticking with those resolutions?

"Don't go from zero to sixty overnight," says UVA Health System dietitian **Katherine Basbaum, MS, RD**. "Many of us aim too high, attempting to drastically change the way we eat right out of the gate, whether it's completely eliminating carbs or cutting out refined sugars. But that approach typically leaves us feeling deprived. When we give in and eat that cinnamon bun, we feel defeated and give up altogether."

Instead, Basbaum suggests setting achievable goals. Below are five small changes you can make that will help get you on the road to healthier eating by making smarter choices, one step at a time.



### Why wait for New Year's? Start today!

- 1. Make all your drinks calorie-free** (except for low-fat or skim milk) for one week. (Then ... see if you can go a month!) When we drink our calories, our brains don't register fullness and satisfaction nearly as much as when we chew them. These drinkable calories can lead to unwanted weight gain.
- 2. Go meatless one day (or one meal) per week.** By experimenting with vegetarian meals at least once a week, you'll be consuming heart-healthy, plant-based proteins like beans, legumes and tofu that are rich in fiber and free of saturated fats.
- 3. Try at least one new vegetable or fruit per week.** We all have our go-to fruits and vegetables that we buy every week. But by eating the same variety week in and week out, you are depriving yourself of a whole world of nutrients and flavors that may not be present in your weekly staples.
- 4. Buy whole grain.** When buying packaged grain products like bread, crackers or cereal, stick to those brands with "whole" as the first word in the ingredients list; this ensures that the food product has not been refined or overly processed
- 5. Ditch the stick!** When it comes to butter or margarine, save calories, saturated and trans fats by opting for the tub variety instead of the stick.

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