

## Top 3 Nutrition Resolutions

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*By Katherine Basbaum, Heart & Vascular Center Registered Dietitian and Club Red nutrition expert*

It's almost a new year, which means new resolutions for 2015. If your list includes goals like "lose weight" or "eat healthier," then take a look at the following strategies to help you accomplish these resolutions and stick to them — long term!

Introducing three of the smartest, results-oriented and entirely doable nutrition resolutions for 2015:

### No.1

#### Front-Load Your Fruit and Vegetables

There is solid scientific evidence that shows getting five to seven servings of fresh or frozen produce per day will lower your risk for cardiac events and keep your weight in check. So start chipping away at that five-to-seven goal at your *very first meal!* For example, add fruit to your cereal or sliced tomatoes alongside your eggs. By starting early in the day, you are significantly upping your chances of sticking to this resolution.



### No.2

#### Don't Drink Your Calories

If you are looking to lose unwanted pounds and avoid the potential health consequences of added sugar in your diet, then this resolution is for you! We're not talking about eliminating the little bit of creamer in your coffee or removing the pleasure of a nice cold glass of low-fat or skim milk. This resolution involves cutting out beverages with *added sugars*, such as regular sodas, juice drinks, sports drinks, sugary coconut water, sweet tea, energy drinks and the like. These sugar-sweetened beverages are calorie-dense and nutrient-poor, meaning they do nothing for us but add weight and increase the risk for chronic disease. Opt instead for still, sparkling or sugar-free flavored water, the occasional diet soda, unsweetened teas and coffees and low-fat or skim milk.

### No.3

#### Think Before You Buy or Try

With each New Year comes the promise of the newest, easiest, healthiest, fastest diet plans ever! And 2015 will be no different. It may be a TV commercial, an infomercial, an Internet ad, a news story or a hot tip from an acquaintance. No matter where you hear about it, it is bound to be *very* alluring and *very* convincing. So here's a tip: don't buy or try the gluten-free diet, the alkaline-acid diet, the Dukan diet, the Paleo diet, the blood-type diet or *any other* "diet du jour" until you've done some real research into its value, safety and efficacy.

**If you're interested in talking to a registered dietitian, call UVA Nutrition Counseling Center at 434.243.4749. The center is located at Northridge Medical Park on Ivy Road, where parking is free.**

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