

Nutrition News

Sioux Falls VA Health Care System Registered Dietitians

Winter 2013-2014

New Years Nutrition Resolutions

Thinking about making any nutrition resolutions in 2014? Resolutions are really goals in disguise. Now is the time to think about setting a new goal. Make sure when you set goals that they are **S.M.A.R.T.**

- **S = Specific:** What specific action will you take to reach that goal?
- **M = Measurable:** How much will you do?
- **A = Action Oriented:** Action is needed to achieve the goal.
- **R = Realistic:** Is your goal practical, given your resources and time?
- **T = Timely:** What specific time frame is set to achieve the goal?

Here are some examples of **S.M.A.R.T.** goals related to nutrition and health:

- ❖ I will walk briskly for at least 15 minutes every day this week.
- ❖ I will add 2 cups of fresh, canned or frozen fruit to my diet two times this week.
- ❖ I will add a vegetable to my dinner meal every night this week.
- ❖ I will take the stairs every day at work this week.

5 Tips To Better Health

1. Eat Breakfast. There's no better way to start your morning and the year than a healthy breakfast. The key to a good breakfast is balance. Include lean protein, whole grains and fruits and vegetables. Try oatmeal cooked with low fat milk, sliced almonds and berries.

2. Make Half Your Plate Fruits & Vegetables. Fruits & veggies add color, flavor & texture plus vitamins, minerals and fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

3. Be Active. Regular physical activity lowers blood pressure and helps your body control stress & weight. Start by doing what exercise you can for 10 minutes at a time. Adults should get two 2 ½ hours of exercise per week.



4. Enact Family Meal Time. Plan to eat more often together as a family. Set a regular mealtime. Turn off TV, phones and other electronic devices to encourage mealtime talk.

5. Drink More Water. Our bodies need water to regulate temperature, transport nutrients & oxygen to cells, carry away waste products and more.

Source: Academy of Nutrition and Dietetics

Your Sioux Falls VA Registered Dietitians can help you achieve your nutritional goals. To schedule a visit with a dietitian, call 605-336-3230, ext. 6299.



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