



A Healthier Plate for the New Year

January is a fresh new start to the year and it is a great way to start getting into the habit of eating healthier after the winter holidays have passed. By making small lifestyle changes it may help to improve your overall well being and feel you **healthier, stronger and happier**.

Eat right

- Include a variety of food choices to your plate from all food groups such as fruits, vegetables, grains, dairy and protein.
- Focus on a variety of different colors such as dark leafy greens, red and orange vegetables, beans and berries.
- Puree different fruits and use it as a sauce for your meats or pancakes.
- Switch to 1% or skim milk and include at least 3 cups per day for calcium, vitamin D, protein and potassium

Stay hydrated

- It is important to stay hydrated throughout the day because if your body does not have enough water it may lower your energy cause you to feel tired or maybe even depressed.
- Keep a bottle of water with you throughout the day. Carry a reusable water bottle and refilling it when necessary.
- Drinking water along with dietary fiber intake helps with digestion and relieves constipation.