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Goodies



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Press Release-

What Not to Do To Keep Your New Year's Diet Resolution

As the New Year approaches, our minds flood with endless resolutions. For many Americans, losing weight and eating healthier is usually on the top of that list. Despite good intentions (ie. you signed up for a weight loss program, renewed your gym membership, bought a bikini one size smaller to motivate you), unfortunately, this specific resolution is notoriously difficult to keep. **Franci Cohen, a New York City certified nutritionist, fitness instructor and exercise physiologist** shares three must-do tips that will help you make this resolution stick for the New Year. www.FranciCohen.com

1. Skip the restaurant, and prep some easy healthy delicious meals at home! According to Franci, even the finest and "healthiest" restaurant serves food laden with butter, fat, and hidden salts and sugars. The lights are dimmed for a reason – and it's not for the romantic ambiance! Special occasions are one thing, but why trek all the way out to a restaurant, and order spaghetti and meatballs, when you can easily make a much healthier alternative at home?

Traditional spaghetti and meatballs contain the following:

- 658 calories
- 27 grams of fat
- 67 grams of carbohydrates
- 41 grams of protein
- This is based on a hearty 2 cup restaurant portion size

NOW TRY THIS:

Zucchini Pasta with Extra Lean Meatballs:

- Using an Asian spiral slicer, string some fresh zucchini into spaghetti strands and set aside
- Prepare your meatballs as you ordinarily would, just swapping full fat chop meat for extra lean, and choose a bottled store-bought marinara sauce that is low in sodium and sugar, and has less than 2g fat per serving

- Once meatballs and sauce are done, simply spoon over raw zucchini pasta. The heat of the cooked meatballs and sauce will gently steam the zucchini to a perfect texture.

What is the nutritional info on our new version of the classic dish?

- 246 calories
- 5.8 grams of fat
- Negligible amount of carbohydrates
- 29 grams of protein
- (Same portion size as original recipe)

Now this is a BIG save, without sacrificing taste or portion size!

2. Be Supermarket-Savvy! Make a conscious effort to examine food labels before you put an item in your shopping cart. “Remember, when you’re home rummaging through the kitchen for a snack, your choices will be limited to what is there,” says Franci. “Choose wisely at the supermarket, and your kitchen will always have only healthy smart choices at home!”

What to look for?

- Steer clear of high sodium foods
- Lowfat products usually contain more sugar to compensate for the reduction in fat. Keep this in mind!
- Apples, pears, oranges, and melons are great fruit options that have a relatively long shelf life, so you can fill up your fridge and be good for the week! Pair these fruits up with some lowfat Greek yogurt, almond butter, or mix with cottage cheese and spread on some multigrain toast, for a quick and easy healthy snack!
- Fresh veggies are the way to go! Winter squashes, beets, endive, cauliflower, string beans, carrots, and so much more are in abundance during the winter months. Stock up, and grill some fresh veggies tonight to serve alongside some lean protein such as salmon or chicken. Use tonight's veggie leftovers tomorrow in a rich and hearty winter soup! The possibilities are endless!

3. Stay Warm But Stay Fit! Finally, once you've conquered your food plan, make sure to keep up with your exercise routine. Many of us easily justify staying under the covers with some hot cocoa on a cold, snow day, but too many wintry days in a row can reap havoc on your fitness plan! “Take charge of your body, and set realistic goals. Don't plan to run outdoors if you know you hate the cold. Join a gym, pop in a workout DVD at home, or if you are an outdoors person (even in the winter), dress appropriately, and get out there! Do what you love, and love what you do, and your mind and body will surely thank you!”