New Year New You

January starts a new year and a perfect time for New Years Resolutions. It is a time to start off with realistic small changes you can stick to throughout the year. A new Year:

1. Start the Day off Right. Make sure to start the day off right with breakfast. Starting the day with breakfast helps reduce overeating at the next meal and grazing throughout the day. Focus on foods that promote satiety:
   - Oatmeal with assorted fruit and toppings
   - Avocado on whole wheat toast with arugula
   - Eggs and whole wheat toast with side of fresh fruit
   - Seed or Nut Butter Sandwich topped with Banana or berries

2. Make Your Snacks Count. Choose nutrient dense snacks that are tasty and promote satiety. Consider snacks a part of well balanced diet, packed with whole grains, unsaturated fats, fruits, and vegetables. Make sure to pre-portion your snacks to prevent over eating and excess calories. Try the No-bake energy bites on the back page those are perfect well balanced snacks:
   - Vegetables and Hummus
   - Nut/Seed Butter and Fruit
   - Trail Mix

3. Watch Portion Sizes. Make sure to avoid overloading your plate. Use your hands as measuring tools.
   - One fist is equal to one cup
   - Cupped hand is 1/2 cup of pasta, cooked vegetables
   - Thumb is one Tablespoon of olive oil or nut butter

4. Try Flexitarian Out. Attempt to eat less meat by substituting more plant based foods in your diet or by choosing smaller Amounts of meats and poultry. Easy substitution include:
   - Nut/Seed Butter to smoothies
   - Lentil or Bean Chili
   - Black Bean Lettuce cups

5. Plan Ahead. Have a Plan for the week, try meal prepping a week ahead on a Sunday or plan your meals ahead of time by checking the dining hall menu online or via the Bite App. Have a Balanced Snacks and meals with you all day to avoid unhealthy cravings.

For more information, please contact:
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Try Some New Recipes

The New Year is the perfect time to experiment with new recipes and try new and exciting foods. Step outside of your comfort zone research new foods to add into your daily routine.

NO Bake Energy Bites:

Ingredients:
- 1 cup of Rolled Oats
- 1/2 Cup of Seed Butter
- 1/2 Cup Ground Flax Seed
- 1/2 Cup Dried Cranberries
- 1/3 Cup of Sweetener
- 2-3 Tbsp. of Chia Seeds

Directions:
1. Place all ingredients into a bowl and mix together.
2. Place in Refrigerator for 15-20 minutes
3. Roll into 1 inch balls or flatten for bars