



How about those **New Year's Resolutions!!** The best tip is to make them easy to incorporate into your life style. Try the following **3 ideas** for a healthier life style

For better eating habits try:

Ways to add additional flavors without adding fat:

- ✧ Sweet (onion, squash, sugar, fruits)
- ✧ Salty (salt, soy sauce, pickles, fish sauce, capers, miso, ham, salami).
- ✧ Sour (tomatillos, lemons, limes, kumquats, vinegar)
- ✧ Bitter (watercress, parsley, bitter greens such as mustard greens, chicory, collards, dandelion)
- ✧ Pungent (garlic, horseradish, daikon, mustard, ginger, turnips, many herbs and spices)

Foods have different degrees of flavor within the categories above. For example, honey is sweeter than table sugar, corn syrup, or apple juice. Table salt has a different salty flavor than soy sauce. A yellow onion is both sweet and pungent compared to a mostly pungent white onion. A lemon has a mostly sour taste, where a lime has a both sweet and sour taste.

Try the following excellent ways of tricking the taste buds to prefer lean, nutritious food over high caloric, less nutritious dishes. (These recipes come from www.oprah.com approved by David L. Katz, MD).

Steam cauliflower and mash with 1 oz low (or non-) fat cream cheese, ¼ cup low (or non-) fat sour cream, ¼ parmesan cheese and 1 to 2 Tbsp Smart Balance. Add salt and pepper to taste. When compared to a baked potato this recipe provides more fiber, less calories and more calcium, vitamin C and foliate.

Add ground flax seed (store in freezer) and uncooked oatmeal to the dry ingredients of any cookie dough (with a little less flour). This makes a nice, hearty cookie with extra fiber and omega-3 essential fatty acids.

To lower fat content of baked zucchini or banana breads and cakes without sacrificing taste or texture use applesauce, mashed prunes or banana in place of all or half the oil called for. You can also use unsweetened apple butter, which has no fat. Another tip to consider is replacing ¼ cup of sugar in a recipe with nonfat powdered milk.

You can find all kinds of healthy recipes at www.davidkatzmd.com/recipes

Ideas to add exercise to your day:

A daily family walk is a great way to get your child and you moving. You might want to take a walk after dinner or, if you are home during the day, an after school walk would be great. Figure out the best time for your family's schedule, and use the time to walk and talk -- a healthy time together. Make the walk more fun by mixing it up...walk one block, skip the next, or alternate walking fast and slow. How about sneaking in some learning time on your walk...count trees, houses, etc.? Read signs along the way and it's a good time to review street safety.

Exercise doesn't have to be done all at once. Encourage your youngster to be active through out the day -- small amounts of time will add up! In general, school-age children should get at least an hour of physical activity each day. Here are some ways to put more exercise into child's routine.

- ✳ Have her invite friends over for a back yard game of tag or capture the flag.
- ✳ Suggest that your child jump rope for 10 minutes.
- ✳ Put on some music and dance to it.
- ✳ Bike to the library or a friends house or the bus stop...wear helmets!
- ✳ When you do errands together, park far from the store to encourage more walking time.
- ✳ Take the steps rather than the elevator.
- ✳ Regular exercise is not only a healthy it also helps with sleeping better for you and your child.

Here are some ideas to create more humor and laughter in your life:

- ✳ Take "joy breaks" -- do something fun and pleasurable for one to two minutes.
- ✳ Be more playful. One of the joys I had when my kids were small is that it allowed me to be a kid again!
- ✳ Observe and play with pets.
- ✳ Make a list of potentially stressful situations and prepare a humorous response.
- ✳ Hang out with people who can be silly and fun.
- ✳ Recall personal stories from your own life that, in retrospect, are humorous. Offer these when others encounter problems.

This is from a previous school superintendent who was battling cancer and learned:

1. Rethink your priorities -- they many not be in your best interest.
2. Spend time with those you love.
3. Do something for yourself every day that makes you feel good (not just something you do for other people -- but something just for you).

And have a very Happy New Year!