



Nutrition Nibbles

Envisioning Your Life for 2014

Now that 2013 is in our rearview mirror, it is time to look forward to 2014 and all that it can offer. Many of us start the New Year off with dreams of slimming down, shaping up, shipping off to faraway lands or meeting that someone special. We may even start to take steps to make those wishes come true--buy a gym membership, sign up for Jenny Craig, surf travelocity, or look into an online dating site. Typically our resolve dissolves away by the end of the month. We put our dreams on hold until another day, another month, the next year. I urge you to take a deeper, closer look at yourself, your longings, and your health as we embark on 2014. Take this chance, this opportunity to make 2014 YOUR year to become the healthy, vibrant, shining person you were meant to become. Read on to discover how to make your dreams your reality.

1. Create a vision! It would be unwise to pack a suitcase without knowing your travel destination. What kinds of clothes would you pack? Would you need your passport? How much money would you bring? "Getting healthier" is not a clear enough vision for you to create real, meaningful progress or change. You need to go deeper, get more specific, and have a clear road

map. Look over these questions and jot down your answers. Dream boldly--don't hold back! By the end, you should have a much more defined purpose for your 2014.

If I could wave a magic wand, what would I change first about how I feel?

What energizes me or makes me feel most alive?

When do I feel most comfortable in my body?

What activities do I find enjoyable?

What have I always wanted to try?

Then go deeper:

If there were no obstacles and life was easy, what would I tackle first?

If money was no object, how would I take care of myself?

If I was not afraid, what would I do?

If I knew that I had the support of those around me, what kind of difference would that I make to how I proceeded?

Keep digging deeper:

Why do I want what I want?

What do I think this will give me?

What qualities do I want to experience on a daily basis?

How do I want to feel?

How would my life change if I met my goals?

By now you should have a more vivid view of what you want to accomplish in 2014. How are you going to get there?

2. Break it down. Even though

What's Trending for 2014

A new year often brings new culinary and nutrition trends. Here are a few things predicted to be popular in 2014.

- **Pickling:** Preserving or flavoring foods, particularly vegetables, in brine or vinegar solutions should be on the upswing this year. Look for pickled side dishes and garnishes on a menu near you.
- **Hyper-local sourcing:** Eating locally-produced food has been popular for a few years now, this year's trend focuses on featuring foods that have been grown as close to your own backyard as possible.
- **Root-to-leaf cooking:** Leaving no part of the plant behind when in the kitchen is hot this year. Creating interesting edible concoctions without wasting food is in huge favor.
- **Bringing the bar into the kitchen:** Look for spirits to be added to

**Questions or Comments? Email me at
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Envisioning Your Life continued...

your vision for your health and life is much more defined than before, it may feel too lofty or overwhelming to accomplish. You need to break it into more manageable steps. Think about:

What do you need to do first to make your dream a reality?

Then what?

What things do you need to do on a regular basis to accomplish your goals?

For example, if you decided you wanted to improve your eating habits by eating more fruits and vegetables, you may want to create a grocery list of fruits and veggies to purchase, followed by finding some new recipes to try. You would probably need to stock-up on produce at least once/week at the grocery store. You may even decide to prep your fruits and veggies for the week on Sunday. By thinking through the details and writing them down, you are more likely to be successful.

When creating your plan, consider:

- Giving yourself timelines for accomplishing things
- Scheduling your health-related tasks in your calendar
- Setting phone reminders
- Looking for apps that will help you stay on track
- Posting your progress publicly on Facebook, Twitter, Instagram or your personal blog

Once you get going on your dreams, give yourself permission to tweak things so they better fit your life. If you're struggling or feeling stuck, consider making an appointment with a Registered Dietitian Nutritionist or Certified Wellness Coach to get back on track.

3. Stay motivated. It's easy to feel renewed and reinvigorated at the beginning of the year but what will you do when the March blahs hit? You need to have some measures in place that will remind you of why you started this journey in the first place.

Here are some things that have worked for clients of mine:

- If you're a visual person, create a vision board. Put together a collage (real on poster board or virtual on Pinterest) of pictures that remind you of what you're trying to accomplish and how you'll feel when you reach your goals.
- If you are motivated by checking off a to do list, create some sort of tracking system that allows you to tick off the boxes anytime you've done something positive related to your dreams.
- If you're a social butterfly, find an accountability partner. Having someone to check in with and celebrate your successes with can keep you moving forward. Your accountability partner can be a friend, family member, someone you hire, or a Facebook buddy.
- If you are driven by rewards, develop a fun and regular way of rewarding yourself for the small steps you take along the way to your bigger desires. Caution: Don't reward yourself with food or time off from good behaviors!

I hope I've given you some good food for thought as you get started on your 2014. May this year bring you everything your heart desires!

Trending in 2014 continued...

your meal's sauces and condiments. Whiskey-infused barbecue sauce, anyone?

- **The burger is getting a makeover:** Burgers will get redone with artisan buns, different meats, and gourmet toppings.
- **Ethnic infusion:** Look for menu items that have a Brazilian, Peruvian, or Southeast Asian influence.

What's staying popular in 2014?

- Sustainably-produced food, including seafood
- Gluten-free cuisine
- Nutritious food for children
- Non-wheat pasta and noodles, made from alternative grains like quinoa
- Juicing
- Tea
- Nut-based milks

