

Bright Smile Beautiful You

What's News



Eating-right Resolutions for Busy People

BY: Jackie Newgent

Since eating more healthful foods and losing weight are popular new year's resolutions, I decided to reach out to the experts for advice. Here, Patricia Bannan -- author of *Eat Right When Time Is Tight: 150 Slim-down Strategies and No-cook Food Fixes* -- gives her stick-with-it-advice:

- **Think “veg out and fruit up.”** Five to nine servings of fruit and vegetables a day is optimal. Always carry portable fruit, like an apple, boxes of raisins, or a bag of dried banana chips in your purse. Opt for a vegetable-heavy dish, such as a salad or sandwich loaded with veggies, for lunch.
- **“Appe-size” the meals in which you tend to overeat.** Consider an appetizer, which tends to be lower in calories and takes time to eat, as an appetite speed-bump. Before your meal, sip broth-based soup, order a cup of hot herbal tea or enjoy a 100-calorie snack that includes protein, like a few tablespoons of hummus or 30 pistachios.
- **Energize in three to five.** That means strive for energy balance throughout the day by eating every three to five hours. Keep healthy snacks on hand or set a reminder on your phone to keep on schedule.
- **Laugh!** Stress cannot only make you sick; it can make you gain weight as well. Humor defuses stress and the stress hormones it produces. So surround yourself with light-hearted people, watch comedies or try to find the funny in your daily life.

Tags: [food](#) , [health](#)



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