

MINUTE NUTRITION NEWS

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Why You Should NOT Set a Weight Loss Resolution

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The beginning of a new year is a popular time for many to start fresh with goals for better health. Weight loss goals are popular yet hard to achieve. There are several reasons why your weight loss resolution may not be helping you reach the goal you want. Use the tips from this issue to set an achievable goal and start making change today!



Problem #1: Weight loss goals are often not realistic. The amount of weight that people want to lose can often reach up to 20-30% of their body weight. This amount of weight loss is extremely difficult to achieve through dietary and lifestyle changes alone. Many often relate their lack of success to not having enough will power, but in reality, lifestyle change is very difficult within the context of our family, social and working life. Part of staying motivated to work on our goals requires a realistic mindset of these challenges and what our bodies can and cannot achieve. If we cannot reach the unrealistic goals that we set, we lose interest and resolutions get given up. This year, consider what is your own “best weight” – a weight that you can achieve with the healthiest lifestyle that you can truly enjoy. Even a small amount of weight loss will give your body health benefits. With a more realistic mindset, you will feel more confident to stick to your goals and lead a healthy lifestyle in the long run.

Problem #2: Weight loss goals are not specific or action-oriented. A weight goal is merely a result of something. It does not say anything about how you are going to get to that result. Without a plan of action, weight goals easily get put off or forgotten. This year, instead of setting a goal of how much weight to lose, set a goal of something you will do differently towards a healthier lifestyle. This way, you can do a mental check on your progress every week to see if you fulfilled your goal. Once these healthy behaviours become habit, then the weight loss will likely follow.

Problem #3: Weight loss goals give the illusion of lifestyle change being a temporary change. Even for those who are successful at reaching their weight loss goal, the lifestyle changes do not end there. Everyday that the weight loss is maintained is a day of continuous effort at sticking to the lifestyle changes that have been made. This year, set your goals by choosing lifestyle changes you enjoy and feel confident in maintaining for the rest of your life.



My Recommendation? This year, pick a few specific *behaviours* you would like to build a habit of doing in order to get yourself to eat healthier or be more active. Make sure it is something you enjoy or at least don't hate doing. Give that behaviour a measurable goal so you can keep track of your progress. Some examples of specific and measurable goals could be:

- include at least 2 servings of vegetable everyday at lunch and dinner
- eat fish at least once a week
- eat at least 2 servings of fruit per day

If you need more ideas of goals tailored to your lifestyle, let your Nurse Practitioner know and she can arrange a referral to speak with the Registered Dietitian.

RECIPE OF THE MONTH

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Garlic Mushroom Quinoa

How about making sure you get at least two servings of vegetables at supper as your new year's resolution? Mushrooms are a great addition to side dishes as they are available all year round. Serve this dish with another green vegetable and a protein and there you have a balanced delicious meal.



Makes 2 servings (1 serving = 1 cup)

Ingredients:

½ cup	quinoa, uncooked
½ tbsp	olive oil
2 ½ cloves	garlic
1 package (227g)	cremini mushrooms, sliced
1 tsp	thyme
1/16 tsp	salt
	pepper to taste
1 tsp	parmesan cheese (optional)

Directions:

1. In a small saucepan, bring quinoa and 1 cup of water to a boil. Reduce to medium heat and simmer until most of the water is absorbed. Cover with lid and remove from heat. Set aside.
2. Heat olive oil in medium saucepan over medium high heat. Add garlic and mushrooms. Stir and add 1 tablespoon of water. Stir occasionally until mushrooms are tender.
3. Add thyme and quinoa. Stir until well combined.
4. Season with salt and pepper.
5. Serve immediately. Garnish with parmesan cheese if desired.

Nutrition information (per serving without parmesan cheese):

222 calories, Fat 6 g (10% DV), Carbohydrate 34 g (11% DV), Protein 10 g, Sodium 64 mg (3% DV), Fibre 4 g (15% DV), Sugar 2 g, Calcium 60 mg (5% DV)