

MINUTE NUTRITION NEWS

January 2016

SMALL GOALS FOR BIG CHANGES

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The new year is always a time that inspires big dreams for big changes. Unfortunately, these big changes don't always carry through long enough into the new year. At some point, we typically realize that these big dreams weren't so realistic which then brings us back to square one. This issue of Minute Nutrition News is going to solve that problem once and for all by helping you make small goals for big changes.



STEP 1: PICK ONE AREA IN YOUR LIFESTYLE TO TACKLE

Take five minutes to think about your lifestyle right now. Think about all the things you do every day that affect your health, whether good or bad. What's your diet like? Are you active? Do you smoke? Are you getting enough sleep? Are you stressed, and if you are, how are you managing your stress?

Out of all those things that affect your health, what is the number one thing you want to make a change in over the next year? How confident do you feel in making a change in this area? If you feel

confident, move onto step 2. If you don't feel very confident, then consider another area that you feel more confident in tackling. Feeling confident in your ability to make a change is a big key to success!

STEP 2: WHAT SPECIFICALLY DO YOU WANT TO CHANGE

Once you decide on an area to tackle, consider what specifically about that behaviour you want to change and how you are going to do it. For example, do you want to increase your activity level by setting up a walk with a friend? Do you want to cut down on added sugars by adding less in your coffee? Or do you want to start having some me-time everyday to meditate and destress? Whatever it is, the goal should give you a specific action to take. Remember, wanting to be *healthier* is not a specific behaviour or action. It is just a description of the behaviours that you want to make.

STEP 3: MAKE YOUR GOAL MEASURABLE AND TIME-SPECIFIC

Now that you know specifically what to do, set some measurable criteria so you can track your progress. For example, if your goal is to increase activity level by going for walks with a friend, how many times a week do you want to do this? How long will your walks be? The key is to set a small realistic goal that you feel confident in achieving. If walking three times a week sounds too overwhelming, then start with once or twice a week. If walking 30 minutes will aggravate the pain in your knees, then start with 15 minutes.

Remember that no goal is too small. Even if you only walk an extra 10 minutes a day, that's an extra hour a week, an extra five hours a month, or an extra 60 hours in a year!

SMART Goals

S = Specific

M = Measurable

A = Achievable

R = Relevant

T = Time-Bound

RECIPE OF THE MONTH

January 2016

Veg'd Out Meatballs

For those whose goal is to up their vegetable intake in the new year, here is the perfect recipe! Developed by Registered Dietitian Amanda Li, these Veg'd Out Meatballs are a great way to sneakily add some veggies to your homemade meatballs without compromising taste!



Makes 16 meatballs

Ingredients:

½ cup	onion, finely diced
1 cup	carrot, finely grated
½ cup	celery, finely diced
1 lb	extra lean chicken, turkey or beef
1 ½ tbsp	low-sodium soy sauce
1 tbsp	worcestershire sauce
2 tbsp	ground flax
1 tsp	garlic powder

Directions:

1. Preheat oven to 400F and line a baking sheet with parchment paper. Combine vegetables with ground meat, soy sauce, worcestershire sauce, ground flax and seasonings.
2. Mix together and using a small ice cream scoop, form into 16 uniformly sized meatballs. Bake meatballs for 20 minutes; turn broiler on to high and bake for another 5 minutes.

Cooking Tip: If you prefer fresh garlic over garlic powder, substitute with 2 tsp of minced garlic.

Source: <http://www.nutritionwellnesssimplified.com/recipes.html>

Nutrition information (per two meatballs):

110 calories, Fat 5 g (8% DV), Carbohydrate 4 g (1% DV), Fibre 1 g (4%), Protein 11 g, Sodium 160 mg (7% DV), Sugars 2 g, Calcium 2% DV, Vitamin C 4% DV, Vitamin A 45% DV, Iron 4% DV