

Nutrition Resolutions for the New Year

Happy New Year! It seems that nearly everyone incorporates some aspect of improving his or her diet at the start of the year. The reasons are many and diverse; however these suggestions should fit in with nearly any New Year's diet goals.

1. Eat before intense hunger sets in. This way, you will avoid cravings for the bad stuff...sweets and greasy foods. Eating sooner rather than later will help you make healthier food choices, as you won't be so frantic.
2. Eat Breakfast. Your body is in a fasting state by morning...chances are it has been 8-10 hours since you last had food. You need to eat breakfast to avoid elevations in stress hormones that occur when no food is eaten.
3. Schedule your 'dietary indiscretions'. Eat really well for 6 days, and then on day 7 have a slice of pie, or whatever pleases you.
4. Keep a regular eating schedule. If you are at least moderately active, chances are you will get hungry every 3-4 hours. Eat a small snack to tie you over until one of your main meals of the day.
5. Fat is not evil. Roughly 25%-30% of your diet should be comprised of fat. Fat is a major fuel source in exercise bouts approaching an hour in length.
6. Carbohydrates are not evil. Especially if you are an athlete! These are your main source of energy during exercise.
7. Protein can be found in any animal product. Protein can be found in rice and many types of beans as well. Make sure you get some protein at each meal-it will help keep your blood sugar balanced.
8. Eat a variety of foods in each meal, rather than one food item. This way, you are increasing your chances of getting various nutrients found in different foods.
9. Take a good multivitamin/mineral supplement every day. A supplement should bolster an already healthy diet-they aren't meant as a substitute for good nutrition.
10. Take your vitamins with food. They will be absorbed much better, and this can also prevent any upset stomach or nausea that may occur on an empty stomach.

11. Drink water....enough to urinate every few hours. Darkly colored, odiferous urine usually means you are dehydrated.
12. Take the time to eat well. Missing or skimping on meals shorts your energy and nutrient intake, and can actually increase stress levels.
13. Minimize fluid intake with meals. A lot of fluid will dilute digestive juices, impeding the digestive process. Drink your fluids away from meals.
14. For every cup of coffee or alcoholic beverage you have, you should consume twice that amount in water to recoup the diuretic (water-wasting) effects of these drinks.
15. Eat some vegetables or fruits at each meal. They are good for you, period!

Remember, incorporating dietary changes usually means *lifestyle* changes as well. This is a big deal for everyone, so try not to get frustrated as you make dietary adjustments in small increments. A little bit each day is okay. Food is the number one reason for our health, and for our sickness. Consider that as you make dietary choices this year.

If you have questions about your diet and or supplements, we offer discounted nutritional consultations. Let us know if we can help!

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