

"Resolutions into Solutions"

MyPlate offers 2 key tips: focus on long-term solutions instead of quick fixes, and encourage self-assessment resources. Let's take a look at each one in more detail, shall we?

Long-Term Solutions:

Quick-fixes are appealing for a variety of reasons. Speed is definitely high on the list. Many people want to see results "now, now, now!" and don't want to spend time doing an overhaul of their eating plans or habits. Plus, people want to act while their motivation is strong. Unfortunately, in order to make a lasting change, more long-term solutions need to be implemented.

Those quick-fixes are often unsustainable, and many of them can even damage people's health (I'm looking at you, fad diets and cleanses). Once the initial energy wears off, people tend to backslide into bad habits and reverse any positive changes they may have made during a burst of "quick fixing."

Don't let that happen.

In order to make resolutions into long-term solutions, people need to set goals that are sustainable over time. This often means starting slowly and implementing changes gradually. Small changes can add up, and they're often easier to sustain than large, life-changing adjustments. When it comes to changing eating habits, it's wise to consult with a health educator, like a dietitian or doctor. The same is true for exercise habits. As people implement these changes, encourage them to (healthfully!) reward themselves for sticking to their plan and reaching milestones. This can help keep motivation going even after the initial burst of energy.



Here are a few small changes that can make a big difference over time...

- Replace soda with water
- Increase fruit and vegetable consumption
- Find a way to be active on most days
- Try new and healthful snacks
- Eat fruit for dessert
- Choose leaner types of protein foods
- Replace full-fat dairy with low-fat or nonfat alternatives
- Try a new exercise class (in person or online)
- Try to make a plate match MyPlate during at least 1 meal per day
- Switch out some refined grain foods for their whole grain counterparts
- Go for a walk on most days