



Have you stuck to your New Year's resolutions?

Can you believe it's almost March already? How are those new year's resolutions going? With nearly two months behind us, it's a good time to reflect on the resolutions you set for yourself in 2024. Research shows that maintaining new habits is often challenging, but below are some tried-and-true tips and strategies to assist in staying on track with your health and diet-related goals.

First, here are four strategies to increase your chances of success:

1. Start Small. Begin with manageable changes rather than overwhelming yourself with too many goals at once. Start with one or two small adjustments and gradually build from there as they become habits.

2. Be Specific and Actionable. Clearly define how you will implement your resolutions. For example, if your goal is to exercise more, set specific times and activities, such as going for a walk after dinner three times a week. If you aim to eat healthier, commit to adding a serving of fruits or vegetables to each meal. Diet IDs daily challenges are all about making these healthy behaviors everyday habits!

3. "Routinize" your Habits. To make habits really stick, you have to normalize them. In other words, make them almost automatic in your daily schedule. Just as you brush your teeth every morning, make that daily walk after dinner, for example, part of your everyday routine.

4. Take Inventory. Assess your current habits by keeping track of your food intake and activity levels for a few days. Identify areas where you can make improvements and set realistic goals based on your starting point. Repeating this exercise every few months is a great recalibrate your healthy habits barometer and stay on track.

In addition to these strategies, keep in mind:

Understand the Why: When you're tempted to abandon your new healthy habits, remind yourself of the reasons behind your new habits. Whether it's to slow aging, boost confidence, or feel more energized, keeping your motivations in mind can help bolster your commitment and resilience.

Identify Obstacles. Anticipate challenges that may arise and plan how you will overcome them. Whether it's scheduling workouts in advance or keeping healthier food options readily available, proactive planning can help you stay on course.

Seek Support. Don't hesitate to reach out to friends, family, or other sources of support for encouragement and accountability. Having a support system can help keep you motivated and resilient as you work towards your goals.

Remember, progress is progress no matter how small, and setbacks are a natural part of the journey. Stay focused, consistent, and positive, and celebrate your achievements along the way!

Caramelized squash and onions over noodles



This simple, hearty main dish meal features many flavors and textures that come together beautifully. It is vegan, gluten free, and a fantastic source of fiber, protein, antioxidants, and healthy fats. This serves 2 people – double recipe for 4 people.

Ingredients:

- 2 tbsp olive oil
- 2 cups cubed (1-inch cubes) butternut squash (slice squash open and discard peel and seeds before cubing)
- 1 small red onion, peeled and sliced
- 4 oz (dry) bean-based noodles (chickpea noodles are excellent and can be found in most large grocery stores in the pasta aisle or allergy section)
- ¼ cup walnuts, lightly toasted
- Salt and pepper to taste
- 2 tbsp fresh rosemary leaves

Instructions:

Heat olive oil in a large skillet. Add squash and onion and cook over medium heat until squash is golden brown and tender inside. Be sure to turn the squash frequently as it cooks.

Cook noodles according to package directions.

Add noodles to skillet and mix well, adding salt and pepper to taste.

Top with walnuts and rosemary.