



# Recharge Your **RESOLUTIONS**

Did you start the year out with big resolutions to improve your health? Have some of them started to slip? March is National Nutrition Month<sup>®</sup> and a perfect time to recharge your resolutions.



## Be Realistic

Setting big health related goals can be motivating, but if the goals are too lofty it can backfire. Instead of setting yourself up for failure with goals that are too hard to reach, consider breaking them into steps. For example, if you need to eat more vegetables, becoming a vegan may be too big of a first step. Instead, start with the flexitarian approach of choosing some meat-free meals each week. Need ideas for realistic goals? Choosemyplate.gov has a section on starting with small changes and celebrating them as “MyPlate, MyWins.”



## Consistency vs Perfection

When it comes to your health, what you do most of the time is more important than the occasional slip. If you have been working on eating less sugar and indulged in a big dessert over the weekend, let it go and get back on track. One off day doesn’t change all of the good you accomplished on the other days. When it comes to eating and other health behaviors, aim for consistency instead of perfection.



## Follow an Expert

Whether you need individualized strategies or motivation to stick to new habits, a Registered Dietitian/Nutritionist (RDN) may be able to help you. You can find one near you by searching on eatright.org through the “Find an expert” link. This month, you’ll also find a lot of RDNs active on social media using #NationalNutritionMonth. You can also connect with RDNs affiliated with your café through [balanceittakesyou.com](http://balanceittakesyou.com), and @balanceity on Twitter, Instagram and Facebook.