Each New Year, millions of people make resolutions to eat more nutritiously, lose weight and/or be more active. However, people often try to adopt radical changes that are difficult to sustain for a long period of time.

Focus on realistic goals with measurable results. You may need to break things down into small steps that you can manage. For example, instead of trying to lose 20 pounds, focus on losing five pounds at a time. Instead of trying to lose five pounds a week, focus on losing a pound a week.

When it comes to eating more healthfully, making moderate changes may prove to be more beneficial for long-term success. Here are several healthful eating tips that can easily be incorporated into your daily plan to help you have a healthier 2007.

Fruits and vegetables: Most people are well aware that fruits and vegetables are among the healthiest foods available. Fruits and vegetables provide vitamins, minerals and fiber essential for the normal, everyday functioning of the human body. They also are rich in phytochemicals and antioxidants, which may help lower the risk for some cancers, heart disease and other chronic health problems. Adults are advised to consume around 2 cups of fruits and 2 1/2 cups of vegetables each day for good health.

Whole grains: As part of the 2005 Dietary Guidelines for Americans, the U.S. Department of Agriculture recommended that Americans make half their grains whole. That means Americans should eat at least three ounce-equivalent servings of whole-grain cereals, breads, crackers, rice or pasta each day. Like fruits and vegetables, whole grains are packed with fiber, vitamins, minerals, antioxidants and phytochemicals. Also, consuming a diet rich in whole grains has been associated with reducing one's risk for metabolic syndrome, type 2 diabetes and heart disease.

Fish: Diets high in fish, especially cold-water fish like salmon, herring, mackerel and whitefish, have been linked to a reduced risk for heart disease, stroke and some cancers. The high amounts of omega-3 fatty acids found in fish are believed to be the reason. To receive the health benefits fish offers, the American Dietetic Association recommends eating fish two to three times per week.

Nuts: Nuts are packed with several important vitamins and minerals such as vitamin E, calcium, magnesium, phosphorus, copper and zinc. In addition, nuts contain monounsaturated and polyunsaturated fats, which are considered healthier for your body than the saturated fat and trans fat commonly found in cookies and chips. Walnuts are rich in omega-3 fatty acids, which, like the omega-3 fatty acids found in cold water fish, may help ward off certain chronic diseases. Because nuts are also high in calories, they do need to be eaten in moderation. A small handful of nuts eaten four to five times per week is all you need.

Calcium rich foods: Calcium has long been known to help prevent osteoporosis, the bone-crippling disease, and recent research indicates that it may help reduce the risk for colon cancer
and high blood pressure. Most health professionals recommend people look first to food for their calcium because food sources of calcium tend to supply other nutrients such as phosphorus, vitamin D and lactose, which help the body absorb and use calcium. Adults are advised to drink or eat the equivalent of 3 cups of low-fat dairy products daily to help meet their calcium requirements.

Don’t get discouraged if you don’t see immediate results. Nothing big gets accomplished in one day. Resolutions are set in one day, but accomplished throughout the year. New Year's resolutions should be nothing more than a starting point. On paper, track your progress every day. Note whether or not you've met your goals that day. Also, note your weight and/or body measurements. Tracking makes you more accountable for your actions so you're more likely to follow through.

Source: Colorado Cooperative Extension

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### Sweet ‘N Tangy Pot Roast

- 1 boneless beef chuck roast (3 pounds)
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup water
- 1 cup ketchup
- 1/4 cup beef broth
- 1 envelope brown gravy mix
- 2 teaspoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon garlic powder
- 3 tablespoons cornstarch
- 1/4 cup cold water

Cut meat in half and place in a 5-qt. slow cooker. Sprinkle with salt and pepper. In a bowl, combine the water, ketchup, broth, gravy mix, mustard, Worcestershire sauce and garlic powder. Cover and cook on low 9 - 10 hours or until meat is tender.

Combine cornstarch and cold water until smooth. Stir into slow cooker. Cover and cook on high for 30 minutes or until gravy is thickened. Remove meat from slow cooker. Slice and serve with gravy. Yield: 8 servings