

WE TOOK ALL THE MOST COMMON
HEALTHY NEW YEAR'S
RESOLUTIONS
 AND BOILED THEM DOWN TO THIS

SPEND LESS

- A** Stay in season with your produce
- B** Learn 10 new recipes this year
- C** Build shelves in your kitchen

WEIGH LESS

- D** Set Healthy Expectations
- E** Eat Healthy
- F** Exercise 5 days/week

A As Phil, the produce manager at the Nob Hill Co-op points out, asparagus may run \$5.99/lb. in winter months, but it's less than half that during spring and summer. Read more of his suggestions at our blog: www.coopfoodnotes.com.

B Try new spices and ingredients. Learning new recipes is fun, builds confidence in your abilities, and introduces new flavors into your repertoire.

C Organizing your kitchen is the easiest way to use it. New shelves not only let you expand (or provide enough space for) your stuff, they give you a chance to reinvent the space, which is always fun.

D Aim to lose about 1-2 lbs. per week. For many of us, losing weight means a change of lifestyle. Adopt and work toward habits that you can live with—because if you can't, they won't last.

E **BECOME AN INFORMED CONSUMER.** No one knows their food better—or likes to talk about it more—than the department managers at the Co-op. Pay us a visit and see what's good! **EAT A HEALTHY BREAKFAST.** Your metabolism slows while

you sleep, so you'll have to convince it food isn't scarce. Start with a piece of fruit and some warm water, within an hour of waking. For breakfast, try a bowl of granola, straight from the bulk bins, mixed with organic plain yogurt, and a banana. Protein takes longer to digest, and will sustain you through the morning. **GET FAMILIAR WITH CO-OP PRODUCE.** Swap your cookies for celery, which is full of water, and fills you up without filling you out. **MAKE MORE FROM SCRATCH.** Granola bars, seitan, preserves and treats are all easier than you think—and you can control their content. Everything you need's right around the corner. **CONSIDER FIVE MEALS A DAY.** Try spacing smaller meals about 2.5 hours apart. You'll have consistent energy. **PLAN MEALS FOR THE WEEK.** Make and freeze a few big batches. It frees time (for exercise or sleep), saves cash, and helps

you guarantee healthy daytime eatin'. **64 OZ. OF WATER PER DAY.** Not only does your body like staying hydrated, but water helps flush out fats and toxins. **DRINK MORE TEA.** From boosting your immune system to speeding your metabolism and helping to cut through cholesterol, it's something of a miracle drink. Stick to Black, Green, White or Oolong. **LISTEN TO YOUR BELLY.** It takes 15-20 minutes for the stomach to signal the brain that you're satisfied. Wait it out; you may be surprised. **DON'T EAT TWO HOURS BEFORE BED.** You'll sleep better and probably lose some weight. Got a craving? Drink a tall glass of water.



F **STRETCH.** Stretching prepares your muscles, releases toxins, and feels great. Don't worry about flexibility; just enjoy it. Stretch before and after exercising to prevent cramps. **START EASY.** Mild to moderate exercise is all that's necessary to help you lose weight. Work toward 30 minutes of moderate exercise 5 days/week. It adds up faster than you think, and you'll feel surprisingly ready for your day. **WALK TO WORK, WALK TO SHOP.** Live close to work? Close to the Co-op? Walk it instead!

