



HCS Staff Wellness Newsletter



Healthy New Year!!



Making a few health improvements as you start off the New Year? You won't see dramatic changes immediately, but small tweaks like those that follow will pay off over time.

1. **Start with salad...**and eat less during the rest of the meal, says a study from Pennsylvania State University. When salads were topped with low-fat mozzarella and low-calorie Italian dressing instead of high-fat alternatives, women ate 10 percent fewer calories over the course of the day.
2. **Stick a fork in it.** If you prefer your salad dressing on the side, dip your fork into it before stabbing your greens. That little maneuver could cut hundreds of calories.
3. **Buy snacks in individual serving sizes.** Nibbling on single servings is better than digging your way to the bottom of a megabag of chips.
4. **Crack a nut.** Dieters in a Harvard University study who ate a handful of peanuts or mixed nuts daily were more likely to keep weight off than a group whose regimen didn't include the high-fat snacks.
5. **Sleep well, lose more.** Insufficient shut-eye appears to increase production of the stress hormone cortisol, which regulates appetite. High levels seem to worsen bingeing and hunger; moreover, too little sleep could keep your body from burning carbohydrates, which translates to more stored body fat.
6. **Double your protein.** The high-protein, low-carb approach may help keep you from losing muscle along with fat, according to a study published in *The Journal of Nutrition*. According to study author Donald K. Layman, PhD, of the University of Illinois, the amino acid leucine—found in beef, dairy, poultry, fish, and eggs—may help preserve muscle tissue.
7. **Keep an exercise journal.** Writing down your fitness achievements is a great way to track your progress, give yourself positive feedback, and maintain focus on your goals.
8. **Eat dairy daily.** A piece of cheese or a cup of milk or yogurt can rev up your metabolism, a University of Tennessee study found. People who cut 500 calories a day from their diets while eating yogurt three times a day lost 13 pounds over 12 weeks, more weight and more body fat than a control group who only cut calories.
9. **Drink water.** Your body often mistakes thirst for hunger, so staying hydrated means you'll probably also stay satiated.
10. **Be wary of white foods.** That's the color of most high-calorie carbs—bagels, potatoes, breads, rice, creamed corn, and the like.
11. **Have an apple before dinner.** How did 346 people in small-town Washington State lose an average of 17 pounds each in 3 months? With regular exercise, balanced eating, and an apple with every meal. The typical apple has 5 grams of fiber, which makes you feel fuller.
12. **Eat breakfast.** A Harvard study found that people who did so every day cut their chances of becoming obese and developing diabetes by 35 to 50 percent, compared with those who ate breakfast only twice a week.
13. **Be picky about bread.** Select loaves with whole grain listed as the first ingredient, and make sure each slice contains at least 2 grams of fiber.
14. **Brush your teeth after every meal.** It doesn't just fight cavities: Brushing serves as a physical and psychological cue to stop eating. When you're on the go, a few Altoids or a breath strip can have the same effect.