

WHAT'S GOOD TO EAT?!



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Nutrition Matters

The new year can bring a new focus on life goals - especially health goals. While roughly 75% of US adults make a resolution, by six months less than half are sticking to it.

One of the motivators for choosing a weight loss goal may be that the average US adult gains 1-2 pounds during the holiday season. Unfortunately, this tends not to be a temporary weight gain, contributing to the excess weight that most of us gain as we age.

If you want to embrace lifestyle changes in the new year, there are some essential components that if neglected, will decrease your chance of success:

- Clarify your **motivation**. Why do you want to be healthier? Be as specific as you can and write it down. For example, I am motivated to lose weight because I want to be able to walk up a flight of stairs without getting out of breath.
- Call in the troops! Make sure you have some **support**. This can be as simple as telling someone your goals or even more beneficial, joining a support group or seeing a dietitian.
- Track it. Set some very specific goals and then **track your progress**. There are many smartphone apps for this, or use the old reliable pen and paper.
- **Plan**, plan, and then plan some more. Healthy habits do not come to most people naturally: they have to schedule exercise into their day, they have to prioritize prepping meals during free time. If you approach each day by scheduling in your lifestyle goals, you will succeed and they will become new habits!



Fill your New Year with
health and **happiness!**

**Come visit the clinic's dietitian! Available to
clinic patients on Tuesdays. Call
415-750-9894.**

turn over for
recipe ideas!



What's Fresh



Winter is the season of citrus. Oranges, grapefruit, tangerines, pomelos, lemons and limes are in abundance. As a good source of pectin, citrus helps to lower LDL (bad) cholesterol. Their anti-oxidant flavonoids and vitamin C help to reduce cancer risk. Besides being delicious for an on-the-go snack, use citrus in your salads and dressings.

———— CITRUS AND GREENS SALAD —————

- Slice (or break into segments) 2 small peeled oranges, tangerines, or grapefruit.
- Combine with 1 head of lettuce, arugula, or spinach.
- Toss with vinaigrette of your choice.



News Bites

Poor sleep has long been associated with excessive body weight, but why? A study out of the University of Alabama published last month evaluated the increase in “secondary” eating and drinking with inadequate sleep. Participants who slept less than 7 hours ate for an additional 8 minutes and drank sweetened beverages for 30 minutes more than those who slept an additional 1-2 hours.



The take-away:

- One obvious but difficult-to-achieve solution: **get more sleep!**
- If you do have a poor night's sleep, pay close attention to your food and beverage intake, and **don't eat or drink while distracted** (watching TV or surfing the internet).

Want to read more? Visit our dietitian's AMAZING blog at sffcdietitian.wordpress.com