

*Let's think about better health positively, no dirty words like "cut out" or "diet"*

**Here are 12 "WILL do's" for better health in 2010:**

1. I will eat dark colored berries - such as blueberries, raspberries, blackberries (etc.) at least 3 times per week.
2. I will eat a dark green-leafy vegetable every day - even if its the lettuce on my sandwich
3. I will eat 1 oz of pure dark chocolate - at least 72% cocoa - every day
4. I will wait 15 minutes before eating seconds of any meal
5. I will drink non-caloric beverages throughout the day and get my "fruit servings" from FRUIT and not JUICE
6. I will eat a lean protein or good (mono-unsaturated) fat EVERY time I eat
7. I will eat broiled or grilled, fatty fish - like salmon - at least once a week and will supplement with Fish Oil (1-2 Tbsp refrigerated, pure, emulsified) at least 4 days per week - not including "fish day"
8. I will get the caffeine equivalent of (without exceeding) 8-12 oz of caffeinated coffee per day most days of the week.
9. I will cook with Olive Oil. I will also be able to pronounce every item of my meal and find it occurring in nature.
10. I will eat breakfast every morning (people who eat breakfast, weigh less - proven)
11. I will get at least 7-8 hours of sleep most days of the week (may seem impossible - but people eat when they're tired and they eat quick energy - refined carbs. People who get more sleep - weigh less - proven!)
12. I will walk more and faster.

God bless and good health,  
*Heather Richmond RD LD/N*