

# EAT BETTER FOR LESS

## Make Your Dreams Come True This Year

The new year provides a great opportunity for us to evaluate our habits and consider new goals.

“Change is always possible,” says National Institute of Health’s Dr. Linda Nebeling. “One challenge with New Year’s resolutions is that people often set unrealistic goals. Any resolution to change needs to include small goals that are definable and accompanied by a solid plan on how you’ll get to that goal.”

Want to Let’s set a goal together!



### Ready! Set! Goal!

- Try using a SMART approach to your goal. It should be Specific,

Measurable, Attainable, Relevant, and Time bound. For instance: I will try a new vegetable each week for a month, starting (insert the date).

- Set up a supportive environment by thinking about the physical support you’ll need, like some great recipes, a flashlight if you’ll be walking in the dark, or an app to help you keep track of your grocery list.
- Remove items at home that might challenge your efforts.
- Enlist friends and family to support your goal.
- Make a plan to help get back on track if you slip away from your goal.



Is your New Year’s resolution to add more fruits and vegetables to your diet? Our Popeye Power Smoothie will help fuel your willpower to reach your goal.

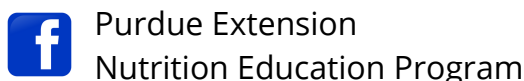
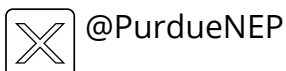
### Ingredients

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- 2 cups crushed ice

### Directions

1. Combine all ingredients in a blender.
2. Puree until completely smooth.
3. Serve immediately.
4. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



Resources: <https://newsinhealth.nih.gov/2010/12/making-your-resolutions-stick>, [eatgathergo.org/recipe/popeye-power-smoothie/](https://www.eatgathergo.org/recipe/popeye-power-smoothie/)

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