Happy 2013 from KANC!

It’s time to harness the energy from the holidays into a better you for the new year. Diet changes tend to be among the most common resolutions made in January.

Time again to make some resolutions for 2013… right? Well, maybe not! If you’re like most people, you probably can’t even remember the resolutions you promised yourself you’d stick with this time last year. The KANC, as well as the Academy of Nutrition and Dietetics, promotes a total diet approach to nutrition, emphasizing your overall patterns of food intake over fad diets and fleeting food trends.

Tips to Improve Your Diet This Year

- No more fad diets! Slow, steady weight loss is the key to losing fat and keeping it off. Aim for 1/2 to 1 pound per week. Any faster rate of weight loss probably means water and muscle loss.

- Focus on moderation and portion control over labeling foods as “good” or “bad.” Your diet is meant to last a lifetime and food is meant to be enjoyed, so enjoy it - in moderation!

- If a diet sounds too good to be true, it probably is. Mindful eating, smaller portions, and moderate exercise most days of the week are tried and true - backed up by science, not late-night infomercials.

- Streamline your food choices to reduce the stress associated with choosing which foods eat. Pick a simple, nutritious breakfast and lunch to eat most days of the week. Make a few large dinners every week to use for leftovers.

- Work on 1 achievable change at a time rather than a complete diet overhaul.

Adapted from www.eatright.org
Upcoming Events:
See next page for life-changing weight management opportunities and fun, informative cooking classes.

"This is my invariable advice to people: Learn how to cook - try new recipes, learn from your mistakes, be fearless, and above all have fun!"
— Julia Child, My Life in France

Try this warm dish packed full of vegetables and fiber.
It tastes and feels like comfort food!
Recipe adapted from Eating Well

Chilaquiles Casserole

Ingredients:
- 1 tablespoon canola oil
- 1 medium onion, diced
- 1 medium zucchini, grated
- 1 19-ounce can black beans, rinsed
- 1 14-ounce can diced tomatoes, drained
- 1 1/2 cups corn, frozen (thawed) or fresh
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 12 corn tortillas, quartered
- 1 19-ounce can red or green enchilada sauce
- 1 1/4 cups shredded reduced-fat cheddar cheese

Preparation:
1. Preheat oven to 400°F
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until starting to brown, about 5 minutes. Stir in zucchini, beans, tomatoes, corn, cumin, and salt. Cook, stirring occasionally, until the vegetables are heated through, about 3 minutes.
3. Scatter half the tortilla pieces in the pan. Top with half the vegetable mixture, half the enchilada sauce, and half the cheese. Repeat with one more layer of tortillas, vegetables, sauce, and cheese. Cover with foil.
4. Bake the casserole for 15 minutes. Remove the foil and continue baking until the casserole is bubbling around the edges and the cheese is melted, about 10 minutes more.
Healthy You: Weight Management and Mindful Eating

No fad or gimmick will help you achieve and maintain a healthy weight along with lifelong habits that are doable. This program will; it’s research based and repeatedly tested, with results beyond just the length of the course. Two options now available!

- Option 1: 10 on-campus weekly classes explore portion control, hunger vs. fullness, eating mindfully, menu and meal planning, and help with behavior change, all in a group setting with social support, meeting with a registered dietitian, snacks, pedometers, prizes, and a hands-on cooking class. First class January 23rd at noon. Register now at www.nutritioncenter.colostate.edu

- Option 2: No time for meetings? Download our new pdf curriculum of 10 self-paced units that will help you lose weight by learning behavior change tricks, portion control, hunger/fullness, eating mindfully, menu and meal planning, and more. Includes recipes, snack ideas, cooking tips, and exercise instructions. Available now at www.nutritioncenter.colostate.edu

Cooking Classes

Our popular International Series continues as we explore Europe’s tasty fare. We’ll demonstrate quick and easy techniques for making delicious and healthful dishes from each country; you get recipes, nutrition information, and a satisfying meal.

February 13 - Germany
March 13 - Poland
April 17 - France

- Time: 12-1 pm or 6-7 pm
- Cost: $20 per class ($10 for CSU students and employees)
- Special: Register in advance for all 3 classes for just $50 ($25 for CSU students & employees)

Location for all activities: Room 114 Gifford building on the CSU campus
Like us on Facebook for weekly nutrition tips!
Visit our website for more information: www.nutritioncenter.colostate.edu