



How to eat healthier in 2013

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It's a new year!

Gyms are swamped and stores see an increase in spending on 'health' products. Did you make any health related resolutions this year? According to studies, about 45% of the Americans make New Year resolutions.

The most popular resolutions are: getting fit/losing weight and spending less. (If you would like to do both read [how to be healthy and pay less](#) [1])

A shocking 24% of the Americans who make resolutions never succeed and fail on their resolution each year. Only 8% succeeds.

Well.. that's depressing.. I had such high hopes for this new year!

In order to make your day a little less gloomy, I'll give you these great ideas on how to eat healthier in 2013. These habits will make you feel more fit and help you lose weight. And if you decide to grow some of the food yourself, you can even spend less this year!

Berries for breakfast

Strawberries, blackberries, raspberries, cranberries, boysenberries, gojiberries..

Berries are superhealthy AND superdelicious! They are low in calories, high in fiber and contain loads of vitamins, antioxidants and minerals. Studies even linked eating berries to prevention of some types of cancer. They are also good for your eyesight.

And what's even more fantastic is that they are super easy to grow yourself. You can also grow them in containers if you like. The cold months are the best for planting new berry plants, so make the most of it while you can. Imagine picking your own fresh berries every morning.. happy, happy, happy!

For a great breakfast eat a bowl of berries with some nuts and almond milk or yogurt. They are also wonderful with oatmeal porridge or sprinkled on a slice of bread, pancakes and in muffins. And because most berries are naturally sweet, you won't need other sweeteners.

Salad for lunch

We have found that eating a salad for lunch is an easy way to improve our health and lose weight. Salads are a creative and way to eat more vegetables. Green salads are low in calories but rich in fiber. That's why it gives you a satisfying feeling after eating them.

We always add some kind of protein to the salad to make it a full meal, things like chicken, fish, beans or cheese.

Eating a salad every day makes it easy to incorporate some healthy fats into your diet. You can add sliced avocado and nuts which contain healthy omega fats. And when you like dressing you can use some quality olive oil. (Italians say it keeps you beautiful and makes you live longer.. who doesn't want that?)

Making a salad takes about the same time to prepare as a good sandwich. So give it a try. Check out our Food Guide to [Interesting Salads](#) [2]for yummy ideas.

And after the weather has warmed up a little, you can sow a nice cut-and-grow salad mix. beautiful fresh greens for a fraction of the price. That's at least worth a try.

Vegetable highlights for diner

Most people today see vegetables a side. A compulsory element to your diner, because it's said to be healthy for you.

If we want to make 2013 a healthier year, I think we have to make vegetables the star of the show. Or if that is a little too ambitious, at least give it some great lines.

Challenge yourself to learn a few great ways to cook tasty vegetables. They should be the most tasty thing on your plate! It's all up to you. When your vegetables are extra tasty, you'll eat more of them.

Another easy way to eat more vegetables at diner is to replace your starches with vegetables a few times a week. Serve two kinds of vegetables, or make a vegetable puree instead of potato mash. Carrots and cauliflower are great substitutes.

Now it's your turn

How are you planning to eat healthier this year? Please share.

Image (optional):

