Nutrition and Health

S.M.A.R.T New Year's Resolutions

How to set New Year's Resolutions you can actually achieve!

While about **40%** of all Americans set New Year's Resolutions, only around **8%** *actually* achieve these goals. Set yourself up for success in the New Year by setting **S.M.A.R.T** health goals that you can keep up with all year long!

What does S.M.A.R.T stand for?

Specific **M**easurable **A**chievable **R**ealistic **T**imely

What makes a good S.M.A.R.T goal?

❋ **Be specific and measurable.** Use phrases like "add 1 piece of fruit at lunch" or "replace my usual white bread with a whole grain option."

❋ **Pick goals that you can realistically achieve.** Pick a small goal at first and once that change sticks, add on another small goal.

❋ **Set a time frame:** Set a deadline for completing your goal. It helps to have an end in sight!

Examples of S.M.A.R.T goals

❋ I will exercise 30 minutes every day after dinner for 3 weeks.

❋ I will make/pack my lunch at home to bring to school every Monday, Wednesday and Friday for the next 2 weeks.

❋ I will replace regular soda with a diet or sugar-free option twice per day for the next month.

❋ I will swap 1 of my favorite comfort foods with a healthier option once a week (see delicious lasagna recipe for ideas).

Ask Endo-Nutrition Send your questions to mbrownst@montefiore.org and look out for answers in next month's issue!

Recipe of the Month
Ground Turkey & Spinach Lasagna

Servings: 12 **Total time:** 1 hr 50 mins

Ingredients:

- 1 lb 93% lean ground turkey
- 24 oz tomato sauce
- 2 cups part-skim ricotta cheese
- 1 whole egg + 1 additional egg white
- 1 teaspoon garlic powder
- ½ teaspoon ground black pepper
- 1 teaspoon seasoning of your choice (i.e oregano/basil)
- 20 ounces frozen, chopped spinach
  -thawed and drained before cooking
- 9 whole grain lasagna noodles, uncooked
- 1.5 cups shredded part-skim mozzarella cheese

Preparation:

1. Pre-heat oven to 350 °F
2. Cook ground turkey in medium pan coated in non-stick cooking spray over medium heat until no pink color remains
3. Add tomato sauce + ½ cup water – mix thoroughly
4. In a large mixing bowl, combine ricotta, egg, egg white, and seasonings to taste
5. Next add drained spinach and mix all together
6. Begin layering in a 9"x13" baking dish; start with meat/sauce then place down 3 uncooked lasagna noodles and then top with spinach-cheese mixture. Repeat 3 times.
7. Pour remaining meat/sauce on top and sprinkle on mozzarella cheese
8. Pour ½ cup water around edges to cook noodles
9. Cover with aluminum foil and bake for 45 minutes
10. Remove foil and bake for 30 more minutes, then let cool for 10-15 minutes and enjoy!

Nutrition Facts: 1 serving (1/12 of lasagna)
Energy: 260 Cal **Fat**: 10g **Carb**: 23g **Fiber:** 4g **Protein:** 23g

Recipe adapted from JoyBauer.com

Our Dietitians

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