

New Year, New You!

December 2004

Start 2005 off on the right foot with a commitment to a healthier lifestyle! Turning New Year's resolutions into reality is easier than you think. Resolutions should be well thought out and realistic. Experts advise that you make only one or two resolutions and set goals you feel confident you can meet. Here are a few suggestions that can help turn your New Year's resolutions into reality.

Salad Daze

Salad dressing can turn that healthy garden salad into a calorie nightmare—a ladle of Parmesan Peppercorn adds 160 calories. Opt instead for one of the reduced fat or fat free dressings. Try Fat-Free Honey Dijon at 40 calories or Fat-Free Italian, a mere 15 calories. Or try something new at the Bistro salad bar—Fat Free Ranch weighing in at only 30 calories per ladle.

Less Cheese, Please

Cheese is one of the top sources of artery-clogging fat in the average American's diet. You may want to consider limiting cheese intake to twice weekly. Did you know that lower fat pizza is available at Pete's Za Pie? At about 200 calories per slice it saves you 100 calories over a slice of regular cheese pizza.

Make-It-Meatless

One or two times a week try going meatless—substitute a vegetable protein source for your usual red meat. Trade in that cheeseburger (428 calories/36g fat—no roll) for a Boca Burger (120 calories/0g fat—no roll) or a Garden Burger (190 calories/4g fat—no roll). Both Boca and Garden Burgers are always available at S.S. Grillers. Swap those beef meatballs (83 calories per ounce with 6.6g fat) for a vegan "meatball" (35 calories per ounce with 1g of fat) on the menu in the Bistro and Lotsa Pasta.

Fill Up On Fruits and Veggies

Don't forget your "5-A-Day" for better health. You need at least three servings of vegetables and two servings of fruit each day. During the winter months when fresh fruit is not as readily available as it is in the summer you may want to consider a convenient option that's always available—dried fruit. Dried fruit* may contain more calories than fresh but it still provides fiber, vitamins A and C, potassium and folate. Toss some into pancake batter, bread recipes or cereal.

**Note: Some dried fruits may be preserved with sulfite, which can trigger allergic reactions in some people. Read the labels to find out if sulfites are present.*