

Spice of Life

Nutrition Education Newsletter



MEALS on WHEELS
PINELLAS COUNTY

January 2022

Brought to you by your
Licensed Dietitian Nutritionist

What's the best diet?

It's common to start a diet in January as part of a New Year's resolution, especially with many diets touted in the media. So what's the best diet to follow? The answer is quite simple: none. Unless your doctor has given you a diet for a specific health condition, ask yourself the following questions to craft your perfect diet. This diet will be different for each individual. If you need help crafting your perfect diet, your Neighborly licensed dietitian is ready to help.

- 1** Can you follow this every day for the rest of your life? If a diet is too strict or limits too many foods, it is hard to follow long-term. Remember, you are making a lifestyle change, not a quick fix.
- 2** Does it have a variety of foods? Aim for foods from all food groups and include foods you love.
- 3** Does it meet your health goals? Has your doctor advised you to reduce your salt for your heart, decrease alcoholic drinks for your weight or liver, or balance your carbs and protein for diabetes? Choose foods that align with your goals.

January is National Soup Month

Fun Fact! In the middle ages, soup was referred to as pottage. Eating soup is a great way to stay hydrated, get in your daily protein and vegetables, or use up leftovers. It's also easy to put together in a crockpot or instant pot. It also freezes well for another meal. What soup will you have this month?

Sources: National Soup Month. <https://nationaltoday.com/national-soup-month/>; Pottage. <https://www.merriam-webster.com/dictionary/pottage>

Did you know nutrition counseling is free for anyone over age 60?
Call 727-573-9444 to speak with your licensed dietitian.