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open everyday
7am - 11pm

JWG News & Views - January 2009



January is **International Quality Of Life Month**. We thought it fitting that this month we would focus on the new year but without hastily making resolutions that are hard for us to keep. Rather, we'll discuss ways to lift our spirits, make simple changes and honor our body's need to rest and relax after the holidays.



January Events Calendar

No Gluten Free Support Group Meeting this month.

We are organizing a project to find G-F items at local restaurants. Call Mary at 690-5785 or email her at mary@beyondbroccoli.com for info!

Jan 8th - Elvis' Birthday

Jan 12th - Cooking Demo with Mary Ryan, MS, RD - 12 to 2 pm

Try some new twists on old favorites to help you through the cold, dark days of winter with healthier habits. You'll learn some tips and tricks to help you try "makeovers" of your own favorite recipes.

Jan 12th - Tonic Bar COMING OUT PARTY! Between 4 and 8pm
Come sample our new Elixirs!

Jan 19th - Martin Luther King, Jr's Birthday

Jan 21st - National Hugging Day
Free hugs all day at JWG.

Jan 26th - Cooking Demo with Mary Ryan, MS, RD - 12 to 2 pm
Comfort food redo part two!

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

--Hippocrates
c. 460 - 377 B.C.



Nutrition Plan For The New Year

By Mary Howley Ryan, MS, RD

The beginning: Get back to your pre-holiday habits. Make sure changes you made in 2008 were successful and use January as a time to make your plan for 2009. January 1st is not a great time for many people to make changes. Post-holidays we are tired and it is mid winter...cold, dark, good weather for hibernation. Not the time we tend to have excessive energy.

Getting started: You will need a blank sheet of paper and a writing utensil.

What: Make a list, on paper, of every nutrition-related change you would like to make. If there is only one proceed to "why". If the list is long, pick one you'd like to tackle this year.

More specifically, What: Write the one change you'd like to begin with at the top of a blank page.

Why: Write all of the reasons you want to make this change. The more reasons you can think of or the more compelling the reasons, the better.

How: Write everything you will need to do to make this change. (This is where a nutrition professional can help – either to review the list with you to help you prioritize and wade through the myths and facts out there or to help you make the list in the first place!) Be specific.

Action: Begin the new plan based on the strategy you came up with. Focus on this one change for at least 3-6 weeks or until it feels comfortable. If you run into stumbling blocks get some help to overcome them. Change is not easy!

Enlist support: People who care about you want to help you succeed so think of how you can involve family, friends, coworkers, etc. in your plan.

Be patient and success does not mean perfection!



