

Nourish
Your Life

(RE)SOLUTIONS

Tuneup

Looking to give
your diet an
overhaul this year?

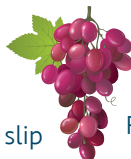
Stick to these
basics for the best
ways to create
healthier habits
that last.



Post your healthy
eating goal on your
mirror or fridge where
you see it daily.



Start small, like
replacing a mid-
morning snack with
fruit and nuts.



Don't worry if you slip
up but plan how to
deal with that same
challenge next time.

Find a friend with
similar goals for
support and hold each
other accountable.



When you hit a mini-
milestone, reward yourself
– you've earned it!

Track food intake to
give you insight into
your eating patterns.



SWEET POTATO CHIPS

2 tablespoons olive oil
2 tablespoons maple syrup
1/4 teaspoon cayenne pepper
3 large sweet potatoes, cut into 1/4-inch
slices
Salt and pepper to taste

Preheat oven to 450 degrees. Mix olive oil, maple syrup, and cayenne pepper. Brush sweet potato slices with the oil mixture. Arrange slices on a foil covered baking sheet. Salt and pepper to taste. Bake for 8 minutes, turn potato slices over, brush with remaining oil mixture, and bake until edges are crispy, about 7 minutes.

Source: American Institute for Preventive Medicine