



New you in 2023!

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Happy New Year!!

- How were the holidays?
- Any new holiday gifts you want to share?
- Any fabulous holiday dishes?





New you?? Anything wrong with the old you?

- *A toast to the OLD you: If you feel inspired to use the new year to help you reset or change habits: great. And yet: The old you has survived every terrible day, every hard thing, every awful circumstance, and every heartbreak you've ever felt. The old you is a fighter and that's worth celebrating.*
- *Emily McDowell*

New Year, New Ways to be active and cook?

- Time to pull out the Instant pot?
- Start using the slow cooker?
- Focus on one pot meals?
- Try sheet pan meals?
- Bowl meals?
- Try new foods?
- New recipes?





What lifestyle changes do you want to focus on in 2023?

Reflect and take action:

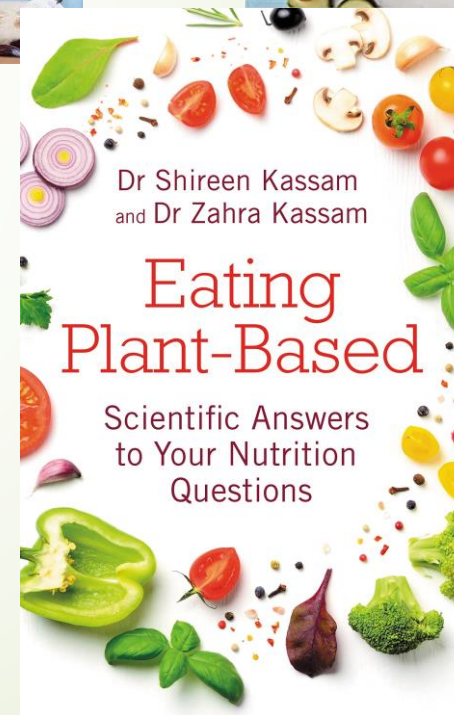
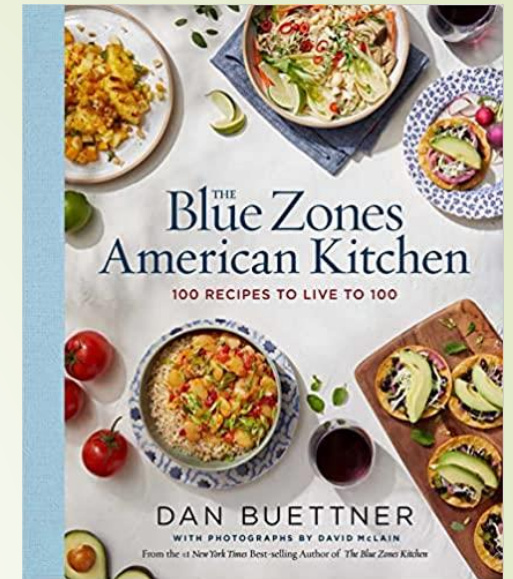
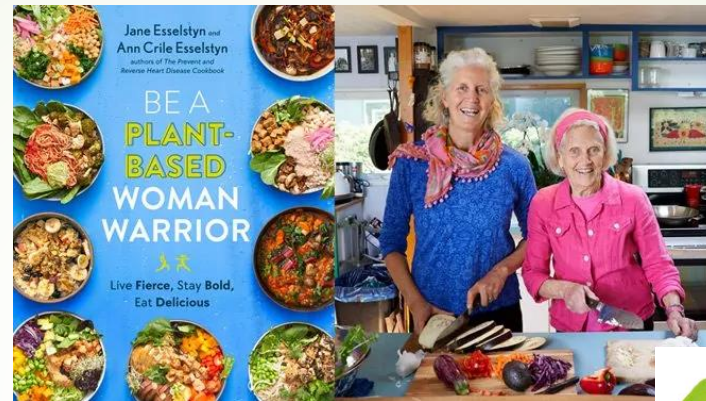
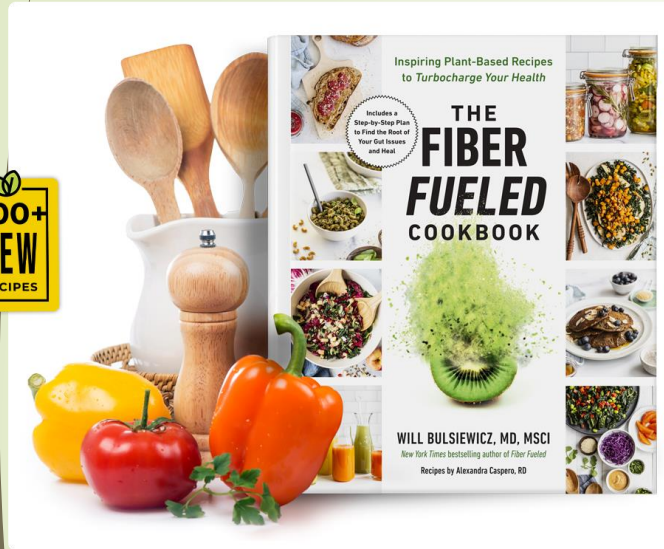
Name one nutrition-related change you want to work on:

Name one activity-related change you want to work on:

What is your 'why'?

Fun books from 2022

100+
NEW
RECIPES



Want to prevent, manage or reverse chronic disease?

Research shows that the only way to reverse some diseases is with:

Whole food, plant-based diet

=Green light: Unprocessed plant foods

=Yellow light: Processed plant foods

=Red light: Ultra processed plant foods, animal foods



The Benefits of a Plant-Based Diet (1)

- Whole intact plant foods are:
 - Low in saturated fat
 - Low in caloric density
 - High in fiber
 - Low in glycemic response
 - High in **phytonutrients** that reduce risk of chronic disease.



The Benefits of a Plant-Based Diet (2)

- Whole, intact plant foods associated with:
 - Easier weight management
 - Disease prevention
 - Less inflammation
 - Better mental clarity
 - Lower cholesterol
 - Lighter environmental footprint

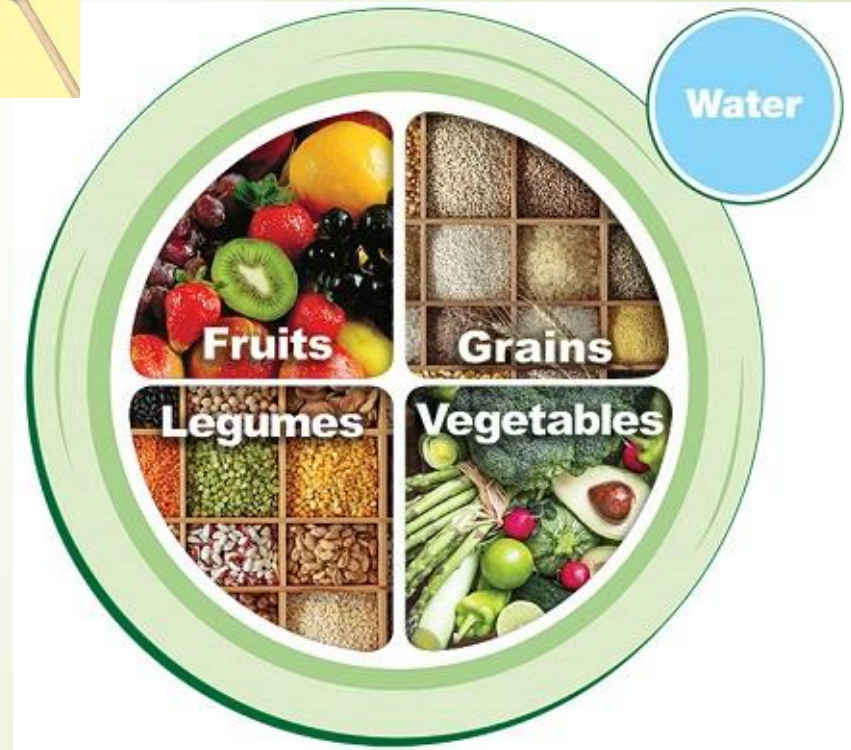
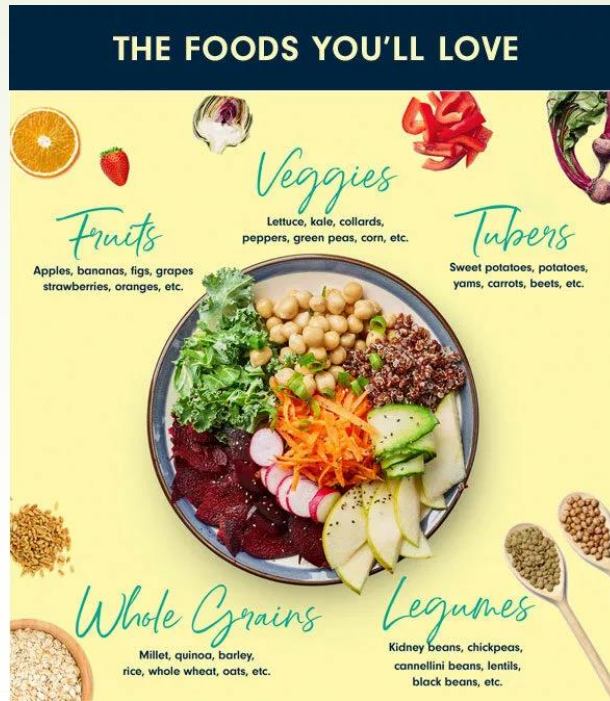


The Benefits of a Plant-Based Diet (3)

- Reduced risk of:
 - Obesity
 - Heart Disease
 - Diabetes
 - High blood pressure
 - Erectile dysfunction
- More:
 - Energy, good mood, happy animals



Power Plate



Plant-Based Diet Tips (Forks over Knives)

Load up:

Fruits

Veggies

Starchy veggies

Intact whole grains

Legumes



Enjoy in moderation:

Plant milks

Tofu & tempeh

Whole grain flours and breads

Whole nuts, seeds, nut/seed butters

Avoid/Limit:

Bleached flours, white flour products

Dairy products

Eggs

Meat, poultry and seafood

Oils

Refined sweets

White rice

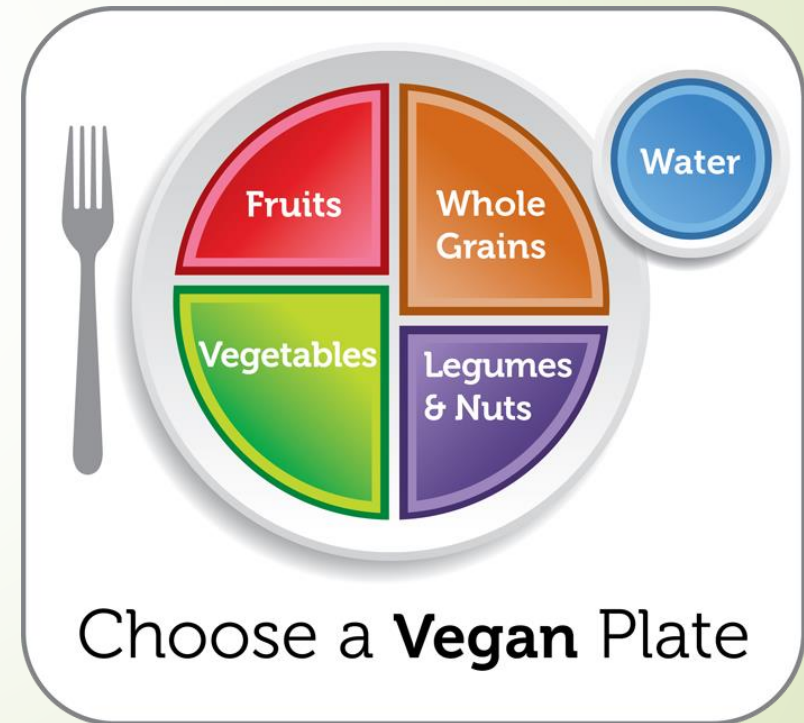
Considerations

- ▶ Vitamin B₁₂ supplementation for vegans:
 - ▶ Below 65: 2000 mcg/week
 - ▶ 65 and up: 1000 mcg/day
- ▶ Eat plenty of green leafy vegetables and legumes for calcium



Meal Planning

- **Fruit** and/or a **vegetable** with every meal
- A **whole grain** or starch with every meal
- A **protein** with every meal



Plant-based Meals

- Remember,
 - **Fruit** and/or a **vegetable**
 - A **whole grain** or starch
 - A **protein**





Plant-based breakfasts

➤ Oats + fruit + nuts/seeds:

- Regular oats
- Overnight oats
- Baked oats
- Savory oats

➤ Toast + fruit + protein:

- Avocado toast
- Sweet potato toast
- Peanut butter toast
- French toast

➤ Egg-type dishes

- Scrambled tofu
- Omelet (chickpea flour)
- Breakfast hash (potatoes, veggies, tofu/veggie meat)

➤ Waffles/Pancakes/Crepes

➤ High fiber cereal + fruit

➤ Smoothies

- Fruits + greens + beans

➤ Smoothie bowl

- Less fluid than smoothie
- Top with sliced fruit, nuts/seeds



Plant-based lunch/dinners



- Beans + Veggies + Starch:

- Chili

- Burrito

- Buddha Bowl

- Savory oats

- Starch + veggie + protein:

- Pasta with lentil sauce

- Tacos

- Veggie burger

- Veggie Sandwich

- Tofu + veggies + starch

- Stir fry

- Omelet (chickpea flour)

- Hash (potatoes, veggies, tofu/veggie meat)

- Soups/Stews



Make SMART Goals

- Specific
- Measureable
- Achievable
- Realistic
- Time-bound
- If the ultimate goal (outcome) is to be more flexible, need to set daily goals to reach that
- IE. I will stretch for 10 minutes every day after my walk.
- Ultimate outcome: I will be able to touch my toes by the end of the year.
- Knowledge ≠ behavior change, so need to set small goals continually



21 Day Kickstart


- Consider Kickstart
- PCRM free app



Today's recipe: Butternut Squash and Apple Casserole

- 1 (2- to 2 1/2-pound) butternut squash
- 2 tart apples, such as Granny Smith
- 1/2 cup dark brown sugar, firmly packed – I used ¼ cup
- 4 Tablespoons butter – I used 2 Tablespoons almond butter
- 1 tablespoon all-purpose flour
- 1 teaspoon salt (I left it out)
- 1/4 teaspoon ground cinnamon – I increased since using less sugar
- 1/4 teaspoon ground nutmeg - I increased since using less sugar





Happy 2023!

- ▶ What will you be most proud of by the end of 2023?



HAPPY
NEW YEAR

The image shows the words 'HAPPY' and 'NEW YEAR' in a colorful, 3D-style font. Each letter is a different color and contains a festive pattern like stars, snowflakes, or floral motifs. The text is arranged in two lines: 'HAPPY' on top and 'NEW YEAR' below it.