

## **It Isn't A Diet If You Like It!**

Every year we make resolutions that we intend to keep but rarely do. And each year a bevy of psychologists try to explain how we can do better, usually without much success. After many years of trial and error, I concluded that, just as the secret to job satisfaction is to work at something you enjoy, the key to keeping New Year's resolutions is to only vow to do things that give you pleasure. That can be difficult in some areas, but not when it comes to eating! According to Time Magazine, "Lose weight and get fit," and "Eat healthier and diet" are in the top five resolutions, so learning to keep them is worth the effort.

All you really have to do is to find dishes that have two qualities: they must have the proper nutrition profiles, and you must enjoy them enough to look forward to them so much that you consider them a reward for enduring whatever unpleasant things occur during the day.

Start slowly. Identify a few recipes with the necessary characteristics and that are fairly simple to prepare. A good beginning, especially for these cold winter days, is the New Mexico Green Chile, from *Naturally Healthy Mexican Cooking, Authentic Recipe for Dieters, Diabetics and All Food Lovers*. Each portion has only about 350 calories, and you can double the recipe and freeze the extra portions for future use.