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Healthful-living experts share their New Year's resolutions

By Jennifer LaRue Huget
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When I turned to health and nutrition experts I'd interviewed in the past year for inspiration in formulating my own New Year's resolutions, my cup runneth over. So many responded to my request for ideas for eating more healthfully in the coming year that we decided to devote two editions of this column to sharing them with you. Here's the second. (If you missed last week's column, read it [here](#).)

[Linda Bacon](#), nutrition professor and advocate for the [Health at Every Size movement](#): My resolution is to love eating, even more consistently than I do now. That means putting more effort into being prepared before I get hungry: having delicious food available so I'm less likely to just eat what's around. It also means increased presence: being more attentive and savoring my food, as opposed to eating when I'm distracted or doing other things. It also means cooking and sharing the season's bounty with friends more regularly.

[Judith Beck](#), author of "The Beck Diet Solution: Train Your Brain to Think Like a Thin Person." Among other things, I will continue to eat one junk food every single day but make sure my other food is healthy, save my junk food for an evening snack, and eat everything sitting down so I can enjoy every bite. (Exception: nibble on raw vegetables as I'm making dinner.) I have been doing these things for many years and thus maintain my weight instead of gaining.

[Susan Levin](#): While I'm excellent at keeping a plant-based diet all year round, I can't help but think I should be consuming more dark leafy green vegetables. These plants are full of phytochemicals, vitamins and minerals such as calcium. I am officially committing to eating at least one serving of kale, collards, broccoli, Brussels sprouts or the like every day in 2010.

[Dawson MacKay](#), Bethesda fifth-grader and member of [EmpowerME](#) weight-loss program: My New Year's resolution is to continue to be healthy. I will by eating healthier and exercising more and balancing them both out. The biggest thing I'm going to have to work on is going to be portion sizes.

[Vanessa Maltin](#), food and lifestyle editor for [Delight magazine](#): Store-bought gluten-free baked goods are packed with sugar and calories. My goal for 2010 is to figure out healthier homemade alternatives to my favorite sugary treats to cut down on fat and bulk up on nutrients. With a gluten-free wedding coming up, I've got to fit into the dress of my dreams!

[Pamela Peeke](#), author of "Body for Life for Women": Finish the day's eating no later than 8 p.m. Striving to finish up any eating by 8 really helps in weight reduction and maintenance. Like so many professionals, I'm often challenged by back-to-back work. The time just passes by, and I look up and it's already 8 p.m. and I need to eat dinner. So, I've set my alarm in my crackberry to remind me when I should be getting ready to have dinner. Indeed, I have my own built-in dinner chime!

[Chuck Porter](#), co-author of "The 9-Inch 'Diet' ": My worst habit is late-night snacking, if you can call an

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order of pork fried rice a snack. For the next month, I'm not going to eat anything after 6 p.m. It's simple, you get used to it, and it works. I did the same thing a couple of years ago, and I lost eight pounds in three weeks.

Monica Reinagel, [Nutrition Data blogger](#): True confessions time: I eat too much sugar. I'm physically active, and the rest of my diet is quite healthy, so I get away with it. I'm not overweight, for example, and my blood sugar is fine. But in my heart of hearts I know I'd be better off if I cut back on the sugar in my diet. My resolution is to designate Mondays as sugar-free days -- no added sugar whatsoever -- and see where it goes from there.

Juliette Tahar, founder and president of [Healthy Living Inc.](#): Spend more time cultivating my "secret gardens": hiking, skating, painting, gardening and meditating. Those are where I recharge, find inspiration and the strength to continue on life's journey. Not related directly to healthy eating, but certainly a part of it. I find that overstress often invites unhealthy relationships with foods: eating too fast, in my case, so finding ways to "decompress" allows me ultimately to slow down at the table.

Brian Wansink, head of the Cornell University Food and Brand Lab and author of "[Mindless Eating: Why We Eat More Than We Think](#)": Here are my two small resolutions for 2010: to be exercising within 10 minutes of waking up each day, and to say grace before each family meal. These might seem small, but small, consistent changes are better than big, inconsistent ones. Doing anything consistently leads to unimagined surprises.

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