

e-Thoughts — So much for resolutions... I'm hungry!

January 2015 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

Making resolutions gets old for me pretty fast. Sure, I'm going to try to eat better in 2015. Still, I was happy to learn that January boasts some yummy national holidays in case I need a little break from being so good! ¹

- **January 1 is Spaghetti Day.** As far as I'm concerned, pasta is heavenly. Cover it with tomato, alfredo or cheese sauces. I'll even eat it plain. Count me in for pasta anytime.
- **January 19 is Popcorn Day.** Does anyone go to the movies and bypass the popcorn machine? Skip the butter and it's pretty healthy as snacks go!
- **January 21 is Granola Bar Day.** I'm only including this so I feel less guilty about being excited for the other food days.
- **January 24 is Peanut Butter Day.** Peanut butter is fabulous in every way. It reminds me of my childhood and the countless PBJ sandwiches I carried to school. It's not only a major comfort food, but it's packed with protein and healthy fats.²
- **January 27 is Chocolate Cake Day.** Twist my arm.

- **January 28 is Blueberry Pancake Day.** Gild the lily with a bit of whipped cream? Enough said.

With the many weight loss and fitness goals we set this time of year, all of the above may seem just plain wrong. But, remember: everything in moderation.

Along with our promises to change, I think we need to keep a few calories of fun in our lives. So thank you, January, for providing some delicious reasons to pursue my "other" resolutions for now!

¹www.thenibble.com

²www.prevention.com