

Have you dropped your New Year resolution already? If your resolution was to lose weight or just eat healthier, March is the perfect time to get back on track! National Nutrition Month is here to help you renew your resolution!

You already know the basics. Fruits, vegetables, low fat dairy, lean cuts of meat and whole grains are good food choices. So, why does weight loss seem so complicated if you already know what is a healthy food and what is not? There are many reasons why weight loss and healthy eating can be difficult. Some common reasons include:

- Healthy food is too expensive
- Healthy food doesn't taste very good
- My family won't eat those types of foods
- I am eating lots of fruits and vegetables but, I still can't lose the weight

Healthy food can be expensive. It is an unfortunate problem but, that's the way it is. Substitution is a great way to help with the costs of a healthy diet. For example, buy whole grain pasta instead of enriched white flour pasta. You'll be surprised to find that they are usually the same price. Also, Greek yogurt cream cheese has less calories and more protein than regular cream cheese. Again, the cost is the same. Another cost saving tip is to stop buying foods you don't need. Soda and potato chips, for example, taste good but don't do anything beneficial for your body. Drinking water and trading the potato chips for a baked potato will benefit your body and cost less.

There are all kinds of different nutrient rich foods out there. Different grocery stores have different produce and meat selections. Try exploring different grocery stores to see what you can find. Also, don't be afraid to try foods you've never had before. You may discover a new food that you really enjoy. You can also try cooking foods different ways. Roasting vegetables and searing meats on high heat brings out the flavor of the food.

Just because you are eating the right foods, doesn't mean that you will lose the weight. You also have to look at how much you are eating. Keeping a daily food journal will show you the amount of food you are consuming. Food scales are also useful when you are tracking your food intake. There are even cell phone apps that make food tracking much easier and less time consuming.