



# THE TIGER TABLE

CAPE GIRARDEAU D63  
NUTRITION NEWSLETTER!

## NEW YEAR - SAME YOU

*By Kayla Johnson, MS, RD, LDN*

You know how the saying goes....

New year - New you!

But I'm pretty sure you're the same person you were 30 minutes before the clock struck twelve. Unfortunately, this isn't some Cinderella story in reverse - you magically become the healthy, happy, wholesome version of yourself at midnight. Nope! Instead you roll into the new year, possibly a little more tired than expected, but perhaps with a new sense of motivation. Whether that's for changing eating habits, exercise, better beverage choices, building your savings account, decreasing debt... No matter your goal, we're here to push you forward!

## DECEMBER RECAP

In the December Newsletter, we discussed holiday stress and intentional ways to reduce that stress and subsequently enjoy the holidays - as they are intended. How'd you do? No judgment here. The goal was simply to make yourself aware of stressors and hopefully let go of a few.

\*\* Please check out underlined text for some fantastic additional information! \*\*



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# RESOLUTIONS VS. HABITS



New Year's Day has become defined by ***resolutions*** - firm decision(s) to do or not to do something. These are great things! Lots of times, simply writing down your goals or intentions is enough to push you to DO

THEM. Goal - accomplished! ✓

However, for some of us, that's not enough. We need more structure; a plan, of sorts. I'm a big fan of To Do Lists. I like the satisfaction of checking things off, but the love of the List is not always enough.

So how do we set ourselves up for success in the new year? You want to make progress in some area or another, but you don't want it to be too easy or too difficult. You want to be motivated but not obsessed. You have a whole list of things that will potentially benefit your life, but even looking at the list causes a rise in anxiety for fear of not reaching the goals.

What do we do now?

Naturally, I have some ideas.

Instead of setting broad, overarching resolutions, how about we set up a few intentional habits.

Different from resolutions, ***habits*** are a settled or regular tendency or practice, **especially one that is hard to give up**. That is the key; setting up a practice that you are able to do without thinking about it. For example, how many of you put your shoes on and start walking without first tying the laces? I'm willing to bet the answer is zero. That's because tying your shoes is a habit that you have been reinforcing since primary school. This automatic response is what we're looking for.



## ATOMIC HABITS



I'm borrowing some points from this great book called Atomic Habits by James Clear, as well as a video by Matt D'Avella, a well-known documentary filmmaker, YouTuber and "self-development nerd."

Here are just two thoughts on setting up the environment to encourage the development of a new habit.

- 1. Shrink the resistance - aka make the habit embarrassingly easy. If you want to start exercising, don't shoot for 4 days a week of 40 minute workouts. Maybe start with a 5 or 10 minute workout twice a week. You want to start with a success and build on that momentum.
- 2. Stack habits - Let's say you want to start the habit of daily meditation. Try setting a 2 minute timer every day after you brush your teeth to meditate. Brushing your teeth is already a well-established habit. Latch onto that to build a new one.

*Fun Fact: In 2021, the most common New Year's resolutions were "doing more exercise or improving my fitness" and "losing weight." Fun Opinion: I think we have very sad and skewed views on body image.*

# UP AHEAD: FUN JANUARY HOLIDAYS

4 - National Spaghetti Day - See my [Facebook post](#) for a way to add lots of veggies to this staple

6 - National Bean Day - check out [this recipe!](#)

9 - Sunday Supper Day - Have an intentional meal with the people you love

19 - Popcorn Day

21 - Sweat Pants Day - live it up!



## Tiger Taste Buds

Since it's finally freezing out, I thought I would mix it up and recommend a beverage! There are tons of [benefits to turmeric](#). It has been used as a culinary spice for thousands of years and has a long history of medicinal use, particularly in South Asia. So grab your favorite mug and try it out! [Recipe video here.](#)

Yield: 27 servings Total Time: 5 minutes



### Ingredients

- 3 Tbsp (28 g) ground turmeric
- 2 Tbsp (16 g) ground cinnamon
- 2 Tbsp (24 g) vanilla sugar
- 1½ Tbsp (19 g) granulated sugar
- 1½ tsp (3 g) ground cardamom
- 1 tsp (2 g) ground ginger\*
- ¼ tsp (0.6 g) ground nutmeg
- ⅛ tsp (0.3 g) ground black pepper

### To make the lattes

- 27 cups (6480 mL)
- unsweetened oat milk (1 cup milk per serving)\*\*
- Optional topping
- foamed milk
- ground cinnamon

### Instructions

1. To make the latte mix, mix all the ingredients together in a bowl or jar until well combined.
2. When you're ready to make a latte, add 1 tsp of the mix to a cup, followed by 1 cup (240 mL) of hot oat milk (or any other milk of your liking). Top with some foamed milk and cinnamon, and enjoy!

### Notes

\* Add more ginger if you like a kick.

\*\* Nutrition tip: aim to use plant-based milk that is fortified with calcium.

Storage: The mix can be stored in an airtight container or mason jar in a cool and dry place for up to 6 months.

Adapted from [Pick Up Limes](#)

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