



### Finding the Time for Good Nutrition

Most of us say our health is important to us, but how much time do we actually allow for it? My clients frequently tell me they don't even want to think about food. Yet, as our work together progresses, they naturally begin to plan ahead for their food needs. When you make health and nutrition a priority, you gradually carve out the time to attend to it.

How often have you wanted something and expected it to just show up? We get frustrated, because we think eating well should just happen. However, it's not until we get clear about our intentions, that the steps or strategies to get there come into focus. It doesn't have to be hard, but it does require some attention.

The beauty of taking small, sequential steps is that the actions have a way of unfolding naturally. It might start with grocery shopping on a more regular basis. As you develop a new pattern of food purchases, it becomes routine and requires less effort. Once good foods are available, it is easier to make healthy choices. Initially, preparing lunch or snacks feels like more work. Then gradually, it becomes habit and is just what you do.

### I know this stuff! Why does it feel so different?

I often hear people say "I know this stuff! Why does it feel so different now?" You know what to eat, but you still reach for comfort foods. Knowing is different than doing.

The difference is that as you become more *aware* of your food choices, you begin to choose differently. When I work with someone, we concentrate on a few small steps at a time. We focus on progress, not on perfection. Often clients come to the call telling me they "didn't do very well" this week. Yet they describe amazing observations and substantial shifts. I love getting to point that out!

In your own work with healthy habits, try on the role of objective observer. This means that your job is *only* to notice, *not* to judge. Let go of your opinions about what is good and bad. Those judgments freeze you into inaction.

When you allow yourself to *just notice*, it opens up whole new worlds. As long as your responses are automatic, you don't have choices. Once you become aware of something, then you have new choices. Keep in mind that as an objective observer your role is to just notice those choices, not to worry about what you *should have done*. Trust the process. As you continue to notice, you will naturally begin to make new choices. You don't have to force it. Just allow it to happen.



### How Do Beverages Help us Gain Weight?

Beverages are less satisfying than solid foods when it comes to satiety. When you consume calories from beverages, you don't compensate by eating less food later. Liquid calories don't register with our appetite controls. Today the average American gets about 21% of their calories from beverages. And most people are drinking 150 – 300 more calories than they did 30 years ago.

Soft drinks and fruit drinks are the biggest source of sugar in the American diet, especially with 10- to 35-year-olds. Alcohol, juice, and milk are also caloric. Pay special attention to coffee and tea drinks. A colleague was shocked to realize that she was consuming 900 calories a day between her coffee drink and a few cans of green tea.

Stop and evaluate the calories you are getting from beverages. They can add up! Take a medium Starbucks latte, made with nonfat milk. At 160 calories, a daily habit adds up to 1/3 pound a week, and nearly 17 extra pounds in a year. A large Mocha Frappuccino with whipped cream can set you back 530 calories (400 without the cream). Yes, it all adds up.

### Put Your Home on a Diet

Our lives are complex. We have many, many options; and still we want more. Studies show that the more food is available (and the larger our plate), the more food we eat. The same is true for activities. In all aspects of our lives, our appetites keep swelling, and we take in more and more.

While you "clean up" your eating habits, also pay attention to your environment. Just as you choose your foods wisely, choose your activities wisely. Clean up your home, your desk, your office.

Summer is a great time to put those stacks of paper on a diet. Toss out as much as you can. Put things away. Allow yourself time to complete something before moving on to the next thing. Moving frantically from one activity to the next feeds our physical hunger as well.

Find ways to simplify. When there is less weight of things pressing in around you, it is easier to enjoy what you are doing. Easier to enjoy the freshness of this moment. When you lighten up your environment and your life, it is easier to feel lighter yourself.

### Kathy Nichols: Life Coach & Registered Dietitian

Health and Wellness Coaching and Nutrition Consulting. Transform the challenges of stress eating. Create a healthy lifestyle tailored just to you. *Discover Wellness from the Inside Out!*



If you would like to receive this newsletter or to stop receiving it, let me know.

Find copies of this and past newsletters on the website: [www.kathynichols.net](http://www.kathynichols.net)

(707) 431-7524 or [kathy@kathynichols.net](mailto:kathy@kathynichols.net)