

Five Unhealthy New Year's Resolutions to Break in 2017

Top Health and Fitness Expert Reveals How to Forget the Trends and Create a Foundation for a Healthy Life

Toronto, January 4th, 2017 – With 2017 officially underway, New Year's resolutions are at the forefront of many Canadians minds. This year, instead of committing to unrealistic resolutions and getting discouraged when they don't work out, health and fitness expert Dai Manuel encourages Canadians to break **UN**healthy New Year's resolutions.

"As someone who is passionate about health and nutrition, I want to encourage Canadians to think more holistically and long-term about their habits in 2017," says Dai Manuel, author, health and fitness expert and personal trainer. "By adopting healthy eating habits, you can set a foundation for living your most phenomenal life. I recommend a diet made up of primarily whole and minimally processed foods. This straightforward approach takes the focus off calorie counting, elimination diets and other 'magic bullets' to health and encourages us to enjoy nutrients the way Mother Nature intended."

Dai's **top five unhealthy trends and resolutions to break in 2017** include:

1. Unrealistic New Year's Resolutions

It's time to let go of the impossible targets and start setting realistic, long-term, SMART goals. These goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. Instead of short-term weight loss goals, consider making a promise to yourself that you will begin to build the foundation for a healthy life by finding the majority of your nourishment from whole and minimally processed foods. The long-term benefit of creating a life based on a foundation of health first is key to achieving so many successes in other areas of your life maintaining overall happiness.

2. Calorie Counting

Calorie counting can make people crazy especially after a busy holiday full of indulgences. Instead of making food a prescription, get back to enjoying whole foods that are nutritionally dense. While a common trend today is to fortify foods with added protein, it is important to remember that meat is one of nature's "original" sources of protein. From a nutritional perspective, beef is a protein powerhouse and, as a single-ingredient whole food, it delivers a protein and nutrient punch. And while many might know beef is king for protein, what they might not realize is that it's also rich in vitamins and minerals such as iron, zinc, selenium, and vitamin B12.

3. Convenience Eating or Overindulging When Eating Out

Cooking at home doesn't have to be hard work, there's tons of delicious options for easy ways to make whole foods part of your convenience needs. Options like [Korean Lettuce Cups](#) and [Grab-and-Go Tortillas](#) are not only good for you; they're good for your wallet too and can be made using your leftovers. If you do eat out, try choosing foods that are nutrient-rich and minimally processed (it doesn't hurt to sub veggies for your fries once in a while either).

4. UNmindful Eating

Bring focus to your food in 2017. We've all heard of 'mindfulness', but did you know this concept can also be applied to meal time? Distracted eating can lead us to overeat, so being mindful and taking part in focused eating helps us manage portion sizes while letting our senses and satiety

cues guide our decisions. Try committing to eating your meals uninterrupted. That means no screen time or desk-side lunches.

5. Eliminating or Restricting Foods from Your Diet

In 2017 find a dietary balance that works for you and challenge the perception of what the word diet means. It's meant to describe the way we sustain ourselves – it's not just about weight management or loss. Eat real food. When making meals, aim to fill half your plate with vegetables or fruit, then fill one quarter with lean protein like beef and the other with whole grains for a balanced, healthy meal.

“A key learning in the last decade of nutrition research is that we need to replace the 60 per cent of calories Canadians are getting from highly processed foods with whole, naturally nutrient rich, delicious foods like beef,” says Carol Harrison, registered dietitian with Canada Beef. “I stand by Dai’s message to make healthy eating a priority. Beef tastes delicious, is an excellent source of hunger-curbing protein and is chock full of vitamins and minerals too. Be good to yourself in 2017 and get back to eating real food.”

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