



SUSAN'S
HEALTHY GOURMET

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Susan's Healthy Gourmet Suggests Top 12 Food Tips for 2012

Nutritionist provides best cooking and eating practices to stay healthy in the new year

IRVINE, Calif., Dec. 30, 2011 – Holiday indulgences often spark New Year's resolutions to eat right and get fit in the months ahead, but tackling such goals can sometimes be overwhelming. To recover from a season of indulgent eating and ease into a lifetime of good eating habits, Susan's Healthy Gourmet nutritionist, Carissa Sanchez, has compiled a list of the top 12 ways to get healthy in 2012.

"Eating right is not only good for the waistline, but also for mental well-being," said Susan Johnson, founder and CEO of Susan's Healthy Gourmet. "We have a passion for promoting healthy living in the community and are excited to offer Carissa's commonsense tips as a great guide for getting – and staying – fit for the new year."

Nutritionist Carissa Sanchez assists in meal-planning at Susan's Healthy Gourmet, a 17-year-old Southern California-based company that prepares and delivers fresh, healthy meals to homes and offices.

Susan's Healthy Gourmet's top 12 healthy eating tips for 2012:

- **JANUARY** – Cook pasta with a mixture of half regular and half multi-grain pasta. Little by little, adjust the proportions in the favor of wheat pasta, with the end goal of eliminating the regular pasta; this will make the transition easier and less obvious. Whole grains may lower the risk of diabetes, heart disease, cancer and obesity, leading to an overall healthier lifestyle.
- **FEBRUARY** – Get the family involved with menu planning by letting them select dishes from a list of healthy recipes each week. When they choose the food and help prepare it, they are more open to eating new (and healthy) dishes.
- **MARCH** – Drink lots of water. Make water the number one beverage in the home. Water has zero calories, zero sugar and is nutritious. Eliminate one non-water beverage (with the exception of milk) per grocery visit. This is not only a healthy choice, but also a cost-effective one.
- **APRIL** – Puree fresh vegetables such as carrots, tomatoes and bell peppers, and add them to pasta sauces. This increases the health benefits, creates more flavor and adds vegetables to the meal without creating a drastic change.
- **MAY** – Begin adding lean ground turkey to ground beef, aiming for a 50/50 combo. Similar to the pasta, slowly add more turkey until everyone has adjusted.

- JUNE – Introduce meatless Mondays. This will help with a household’s budget and waistline. Going vegetarian once a week is a minimal and often unnoticeable change that can make a big impact.
- JULY – Add at least two colors, other than brown, to the dinner plate. Teaching children the colors of the rainbow and including those colors on the plate combines healthy education and good eating habits. Children can point out the colors and learn about a meal’s balance, nutrition and diversity at the same time.
- AUGUST – Introduce a fruit dessert month as a healthy way to fulfill a sweet tooth. Make fun fruit kebabs with a yogurt dip or try a yogurt parfait sundae with a small drizzle of chocolate syrup.
- SEPTEMBER – Add one vegetable to a favorite meal such as macaroni and cheese. Steaming the vegetable before adding it to the meal makes it tender and enhances the flavor – most cooked vegetables taste better in meals as opposed to raw.
- OCTOBER – Stay active and limit television time. It only takes about 30 minutes away from the television to make a difference. Even finding the energy to play with kids will not only keep families physically and mentally active, but also provide for a better night’s sleep, which is vital for growing bodies and weight loss in parents.
- NOVEMBER – Institute a “pack your own lunch” month. Buy and prepare healthy snacks and then let everyone choose what they want to eat each day. If only healthy items are in the house, then only healthy items will be consumed.
- DECEMBER – To offset holiday indulgences and watch the waistline during this busy time of year, strictly enforce portion control on all food consumed. This can easily be done at home by cooking just enough for each person to have one serving to eliminate the desire to overeat; or for those too busy to cook, subscribe to a healthy meal delivery service such as Susan’s Healthy Gourmet.

For more suggestions from Sanchez or information on Susan’s Healthy Gourmet, please call (888) 396-3257 or visit www.susanshealthygourmet.com

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