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**TOP 10 GREAT REASONS TO “GO GREEN” IN THE NEW YEAR**  
*Simple Tips From TheGreenNut.org - How To Be A Healthier You In 2010*

We all make resolutions for the New Year, but most of us (92 percent according to a survey conducted by Stephen Shapiro, author of “Goal-Free Living,”) do not end up keeping our resolutions.

Fortunately, some good advice from the experts will help us stay on track. Nationally acclaimed healthy lifestyles chef Kathleen Daelemans and registered dietitians Keri Glassman and Alyse Levine – all experts featured on TheGreenNut.org – created this “Top 10” list of ways to achieve better health in 2010:

1. Don't skip meals: It slows your metabolism. Think of your body as a fire that needs fuel to keep burning. Eat small meals with some protein, healthy fats or fiber every three to four hours.
2. Don't keep what you know you shouldn't eat: If you can manage to restrain yourself from buying junk food while you're in the grocery store, that's half the battle. But if you fail at the store, don't keep foods around the house that tempt you.
3. Keep a food journal: If you write down everything you eat, you'll feel more accountable for what you put in your mouth, and you will be less likely to grab that handful of candy or salty chips every afternoon.
4. Trick yourself: Sneak nutrient-rich foods into your day. It's easier than you think. Top your morning oatmeal with pistachios – The Green Nut. That's right, you'll be easily adding up to 20 percent of your Daily Value of B<sub>6</sub> and extra crunch!
5. Play once a day: When bundling up your kids to play outside, bundle up yourself and get outdoors! Instead of watching from the window, play with your kids and burn calories while building memories.
6. Choose a daily nutrition goal: Add lemon slices to your water for increased antioxidants, kick that sugary soda habit, shoot to add a fresh vegetable to every meal, etc. Master one goal, and then move on to the next one.
7. Pack power into your diet with antioxidants: Include nutrient-rich foods in your diet to help pump up your immune system and keep energy levels high. For some great options, think “green”: include pistachios, the only green nut, green vegetables and green tea.
8. Use the plate rule at all your meals: 1/4 of your plate should be lean protein, including lean cuts of meat, nuts like pistachios and beans, 1/4 starch and 1/2 vegetables.

9. Don't eat off of your kid's plate: All those little bites really add up and can have a big impact on your weight.
10. Spice it up: Be creative and experiment with different seasonings. Herbs and spices – such as basil, oregano, garlic and Dijon mustard – not only add tremendous flavor, but they also have many health benefits.

### **The Latest Research Findings**

According to the American Association for Cancer Research, a diet that incorporates a daily dose of pistachios may help reduce the risk of lung cancer and other cancers – due to the levels of Vitamin E in The Green Nut. To learn more about this exciting new study, visit:

<http://www.thegreennut.org/health/research/2009-12-09-lung-cancer.html>

### **The Green Nut**

TheGreenNut.org is part of a nutrition awareness campaign sponsored by the Western Pistachio Association (WPA). They know how good pistachios are for you! For more healthy tips, visit [www.thegreennut.org](http://www.thegreennut.org), or follow The Green Nut on Twitter at <http://twitter.com/thegreennut>.

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