

Food Spotlight Avocado



Also known as Alligator Pear because of the bumpy skin and shape similar to the pear, is one of the healthiest foods to put on a plate. Full of vitamins, minerals, omega-3 fatty acids and more potassium than a banana. Also, the oil makes an excellent moisturizer for the hair and skin. A one cup serving has:

- 233 Calories
- 30 grams of fat, 20 of them monounsaturated
- 9 grams of fiber
- 38% daily value Vitamin K
- 29% daily value of Folate
- 24% Daily value of Vitamin C
- 20% Daily value of Vitamin B5
- 20% Daily value of Potassium

And so much more! Don't be fooled by the high fat content. The fats in avocado are heart healthy! Try cubing half of one avocado over salad top with salsa instead of regular dressing. Or, adding as garnish to tomato soup or making guacamole.

2 avocados

Juice of 1 lime or lemon
Finely chopped red onion
Salt and pepper (to taste)
Hot sauce (to taste)
Chopped tomato (for color)

Mix all ingredients. Make as smooth or chunky as you like. Enjoy!

Happy New Year! It's that time of year again. The time when we all reflect back on the previous year, look to what we want for the current year, and resolve how to get there. The famous New Year's Resolution. Don't let this year be the year you start full speed ahead and a couple of weeks later you've totally forgotten what your resolution was. What is going to be your Resolution Solution for 2012? Some tips....

1. **Define your goal(s)**- Make concrete or specific statements about what you want to achieve. State how many pounds by a specific date.
2. **Outline your path**- Now that you have decided what you want to do, you must have a plan.
3. **Set a timeline**- Decide to reach your goal by a certain date.
4. **Ask for help**- If there is something you're not sure about seek help from someone that knows a little more about the subject.
5. **Prepare for roadblocks**- Think about what things that could occur that would be a stumbling block for you. Have a plan in place ahead of time to help you overcome and keep pressing toward your goal.
6. **Reward yourself**- You've earned it! When you've done something that gets you just a little closer to the prize, it's okay to reward ourselves for the good job we've done.
7. **Write it down!**- This is the most important step. Writing down your goals and the plans to go along help you to stay on track. Also, there is a bit of accountability here. If its written, you can't go back and say "I didn't know" or "I forgot"
8. **Just do it!**- You've thought about, you've talked about it, now it's time to be about it. Ultimately, it's your responsibility to produce the change you want for your life, not anybody else's.

Most of all don't ever give up. Every day is a new start. If things didn't go as planned on yesterday, it's okay, as long as you decide in your mind that you will follow through today. These tips apply not only to our health and fitness goals, but any aspect of our life if we want change. It's just like the WORD, it will work, but you got to work it!

Salud,
Miyoshi

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God, 1 Cor. 10:31 (NKJV)