



JANUARY 2024  
**NEWSLETTER**

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## Goal Setting

The start of the year is a great time for goal setting! Although January 1<sup>st</sup> is just a date, it can represent a new beginning.

Getting into a new habit can be challenging. Whether it's eating more vegetables, having regular check-ins with friends, or going to sleep earlier, it takes time to work these behaviors into your lifestyle. To help you reach your goals, try implementing the following tips when you're goal setting:


1. Start with one or two new behaviors maximum.
2. Set specific and measurable goals. For example, rather than "Eat more veggies", try "Add 1 serving of vegetables to dinner each night of the week".
3. Rather than planning to implement the new behavior indefinitely, set a shorter-term goal of 3-4 weeks. It takes about 21 days of consistent behavior to form a habit. Check in with yourself at the 3–4-week mark and continue the behavior indefinitely if you so desire.
4. Write down your new goal in a notebook, Habit Tracker, or sticky note on your fridge.

If you're looking to improve your health during 2024, setting nutrition-related goals can be a good idea! Some general ideas include:

1. Eat five servings of fruits and vegetables per day.
2. Eat breakfast within 1 hour of waking up (try our apple cinnamon overnight oats recipe).
3. Drink 4 bottles of water each day (or equivalent of at least 64 fluid ounces).
4. Have one vegetarian dinner each week.
5. Meet with a dietitian!

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### FOR MORE INFORMATION PLEASE CONTACT:

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# Apple Pie Overnight Oats



**PREP TIME:** 12 hours and 4 minutes  
**YIELD:** 4 servings

## INGREDIENTS

- 2 cups old-fashioned oats
- 1 $\frac{2}{3}$  cups unsweetened almond milk
- $\frac{2}{3}$  cup apple pie filling, chopped into small pieces
- $\frac{1}{3}$  cup nonfat plain Greek yogurt
- $\frac{3}{4}$  teaspoon ground cinnamon
- $\frac{1}{4}$  cup low-fat granola cereal

## INSTRUCTIONS

1. Combine oats and almond milk until well mixed. Cover and place in refrigerator for at least 12 hours or overnight.
2. Add apple pie filling, yogurt and cinnamon to oat mixture. Stir to combine.
3. Place 1 cup apple pie oats into a bowl or glass.
4. Top with 1 tablespoon granola.

NOTE: Parfaits can be prepared up to 48 hours ahead, if desired.

### NUTRITION FACTS: 1 Cup

Cal.	Cal. Fat	Tot. Fat	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein
240	45	5g	0.5g	0g	0mg	100mg	42g	5g	12g	8g

2,000 calories a day is used for general nutrition advice, but calorie needs vary.  
Additional nutritional information available upon request.



This product contains:  
MILK  
TREE NUTS  
SOY  
GLUTEN