



HEALTH

12 Great Food Resolutions To Try In 2018

Life hack: Don't diet.

Posted on January 8, 2018, at 5:03 p.m.



Sally Tamarkin

BuzzFeed News Reporter

Share

Share



Share

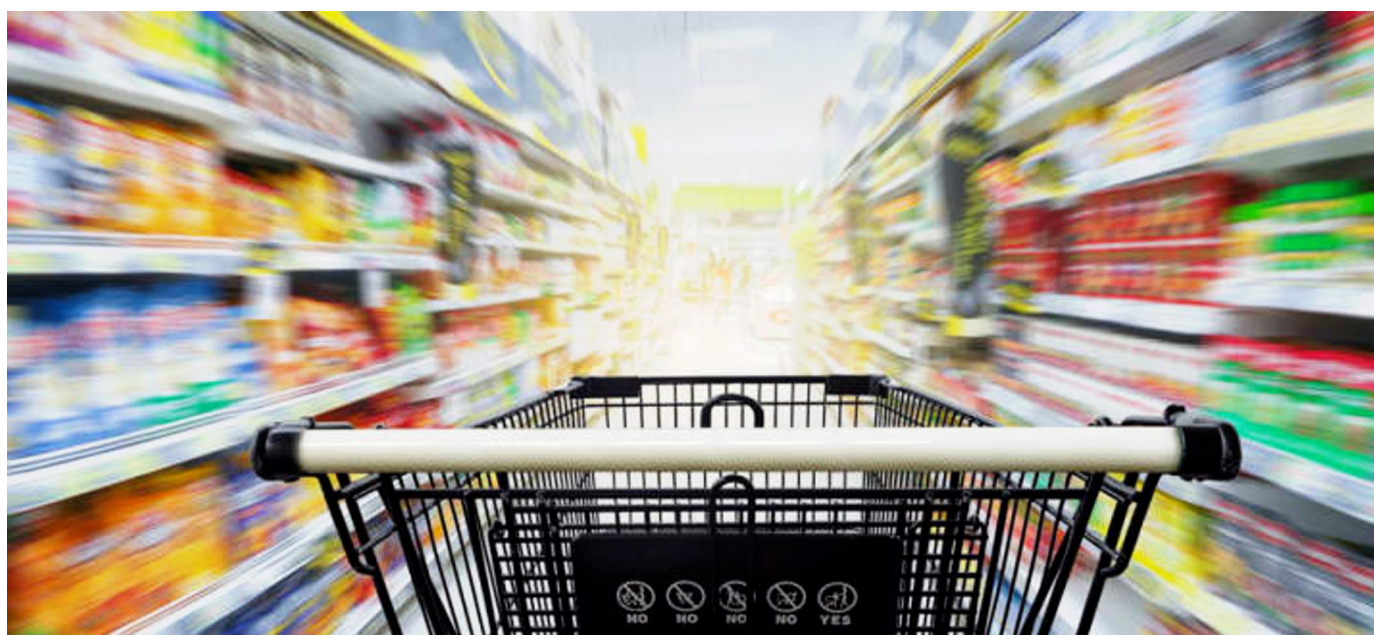
Share

Even though it might not feel like it (especially around the new year), there's more to food and eating than calories and weight loss.

And there are even dietitians out there whose mission is to help people have better, less weight-loss-centric relationships to food and eating. BuzzFeed Health reached out to some of them to ask how people should go about changing the way they think about food and eating without specifically focusing on trying to eat less or lose weight.

Here are their ideas:

1. Buy one new food each time you visit the grocery store.



Nonnie192 / Getty Images

"If you feel like you're in a rut and bored with your standard food choices, one way to branch out is to **resolve to buy one new food item, something that is either brand new to you or that you have not had in a long while**, each time you visit the grocery store. Peruse the aisles for something that piques your interest: a **new ice cream your friend recently told you about**, an **exotic melon that is in season**, or **maybe edible flowers you recently enjoyed in a restaurant entree**.

If you are not immediately sure how you will utilize the new food and you do not want to risk that it will expire before you put it to use, **leave it on the shelf and resolve to go home, look up uses and recipes, and buy it next time you are at the store**. Remember, everything you see in the grocery store is there because your fellow humans eat it, so **be brave, have fun, and experiment**. Who knows what will come with you!"

—Jonah Soolman. RD. [Soolman Nutrition and Wellness LLC](#). Welleslev. Massachusetts

Share

Share

BuzzFeedNEWS

[BuzzFeed](#)

[Quizzes](#)

[Tasty](#)

[More ▾](#)



Share

Share

to grow their food acceptance skills, or a lifetime of restriction has left them with food fears. Try experimenting with one new food at a time, giving yourself permission to do the following: cook it but not eat it; describe the smell and appearance to yourself; and maybe even taste it but then spit it into a napkin if it doesn't appeal right away.

Sounds a little crazy, but this is the way toddlers approach new foods, and it **sometimes takes up to 20 exposures to a certain food before they'll accept it; adults only give themselves one or two tries before they reject it permanently.** Try the new food in different preparations, too, but always give yourself permission to not eat it if you don't want to. Once you've had a few exposures to a certain food, you can do this with more foods you're curious about — the key is to have patience with yourself!"

—[Glenys Oyston](#), RD, Dare to Not Diet, Los Angeles, California

3. Eat before you get really hangry.

**no**

@tbhjuststop

Follow



has a fever: i'm ok
coughs out lungs: i'm ok
throat on fire: i'm ok
is hungry: death, despair and chaos has
entered my life

Twitter: @tbhjuststop

"If you wait until you get too hungry to eat, you'll be grabbing for whatever you can find, and likely overeating it because it's hard to slow down and be mindful when you're starved. **If you imagine hunger on a scale of 1 to 5, with 1 being not hungry at all and 5 being ravenous/hangry, aim to eat around a 3.** I've been known to have a snack on the way out the door to dinner — no shame!"

—Anne Mauney, RD, blogger at [fANNEtasticfood.com](#), Washington, DC

4. Make food choices with the greater good in mind.

Share

Share



Share

Share

Vasko / Getty Images

"Many people give up taste in the name of health or weight change. **Feeling satisfied after eating is different than feeling full.** When we don't feel satisfied at the end of a meal, we are left wanting and often end up eating more. So this year, ask yourself, 'Do I like what I am eating? Does it taste good?'

Why? Because when eating healthy tastes good and it makes you feel better, you are far more likely to sustain the changes you make. **The bottom line: pleasure heals."**

—Dana Sturtevant, RD, co-founder, [Be Nourished](#), Portland, Oregon

6. To practice this, rate your satisfaction after a meal on a 1-10 scale.

Share

Share

7. Give yourself unconditional permission to eat.

Share

Share

8. Give up on not just dieting but on the diet mentality of rules and restrictions.

Share

Share

9. Learn to bake old family recipes.

Share

Share

10. Start every morning with tea or water.

Share

Share

11. Listen, trust, and give in to your food cravings.

Share

Share

BuzzFeedNEWS

[BuzzFeed](#)

[Quizzes](#)

[Tasty](#)

[More](#) ▾

Share

Share

Julia_sudnitskaya / Getty Images

"This year, resolve to change your relationship with food. Diets and dieting behaviors use words like 'dos and don'ts' and 'you should.' It's black-and-white thinking like this that keeps dieting behavior rooted in shame and judgment, and nothing good ever comes from those things. This year, try incorporating three new words into your food choices.

How could this year be different if all your food choices come from a space of curiosity, self-compassion, and empathy? **The goal is to move from a space of shame to a space of healing, and this is where sustainable behavior changes really come from."**

—[Aaron Flores](#), RD, specializing in intuitive eating and [Healthy at Every Size \(HAES\)](#), co-host of [Dietitians Unplugged](#), Calabasas, California

Share

Share

BuzzFeedNEWS

[BuzzFeed](#)

[Quizzes](#)

[Tasty](#)

[More](#) ▾

Follow along at [BuzzFeed.com/NewYearsRevolution](https://www.buzzfeed.com/NewYearsRevolution) from Jan. 1 to Jan. 14, 2018.

Share

Share

Want help looking and feeling your best? Sign up for our Health & Beauty newsletter!

Your email address

Sign up

Share

Share

BuzzFeedNEWS

[BuzzFeed](#)

[Quizzes](#)

[Tasty](#)

[More](#) ▾

Share

Share