

# Three positive nutrition tips for healthy eating in the new year

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Lee Murphy. Credit: University of Tennessee at Knoxville

"Stop worrying about things not to eat and focus on a positive mindset of what you should eat."

That's the New Year's resolution advice Lee Murphy, professor of nutrition, is telling everyone this year.

"People often think of resolutions as eating less of something or cutting it out altogether, but I think it's more fun and realistic to try and think

positively about food," she said.

Here are Murphy's top three nutrition tips for the New Year:

- More water. Dehydration can occur quickly and result in headaches, lethargy and crankiness. Drink water throughout the day and aim for approximately half an ounce to one ounce of water for each pound you weigh. For example, a 150-pound person would need between 75 and 150 ounces of [water](#) per day.
- More fruits and veggies. A healthy goal includes at least two fruit servings and three vegetable servings daily. Visit a local farmers market or grocery and stock up on fresh foods in season with a variety of color.
- More dietary fiber. High-fiber foods have heart-health benefits, control blood sugar, and help other food move through the [digestive tract](#) for healthy elimination.

"These are all things we need more of," said Murphy. "It can be challenging to stay well throughout the year, but incorporating these three things into your diet will help your body function properly, prevent sickness and simply make you feel better overall."

Murphy adds that getting 60 minutes of some type of [physical activity](#) each day is important for the mind, body, and soul.

Provided by University of Tennessee at Knoxville

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