

## Soundbite Script – Staying True to Your Food Resolutions

**Adam Schafer, Clinical Dietitian, OSF HealthCare**

“We have to make them realistic. A lot of times people say I want to eat healthier or be healthier. There are no specifics to that. We need to make sure resolutions are very specific and that you can measure it rather than throwing something out there that has no real meaning to it.”

**Adam Schafer, Clinical Dietitian, OSF HealthCare**

“Focus more than just on weight. A lot of times we focus on a certain number when it comes to weight loss, but if you’re exercising too you may be putting on muscle. It’s not going to reflect well on the scale and you’re going to assume you’re not doing well and you’re going to quit.”

**Adam Schafer, Clinical Dietitian, OSF HealthCare**

“It’s never too late to get started on one. If you feel like you missed the New Year resolution time frame, there is always time to improve on yourself, whether it’s related to diet and health or anything else in life.”