



WELLNESS WEDNESDAY

Calorie Density

As the end-of-year-celebrations ramped up, most of us found ourselves navigating numerous buffet tables lined with decadent treats. But after a few weeks of indulgence, and possibly a few extra pounds on the scale, many of us resolved to adopt a healthier diet, starting on January 1. **Unsurprisingly, diet-related goals are among the most common New Year resolutions. And the main focus? Calories.**

Calories get a bad rap, but they are an essential part of life. They fuel the body with the energy necessary for daily activities, and vital bodily functions. However, **caloric needs, and the foods that supply them are not created equal. Caloric needs vary based on age, gender, activity level, size, and personal health goals.** The caloric content of each food varies, based on the type and preparation. Check out [this guide](#) to help make healthy food choices, based on caloric density.

Whether it's a busy schedule, or a lack of routine, skipping breakfast or lunch is not an uncommon practice. Since this habit can lead to afternoon fatigue, impaired productivity and decision-making, and overeating later in the day, start your day on the right foot, and enjoy nutritious and delicious [breakfast recipes](#).

Dessert is the most vilified food category of all. However, when done thoughtfully and in moderation, enjoying desserts doesn't have to derail healthy eating habits, as they can be included as part of an overall healthy diet. Just as desserts don't have to be taboo, they don't have to come from a store shelf—trying a [homemade dessert recipe](#) that incorporates fresh fruit, such as poached pears with caramel sauce, or dark chocolate covered figs, makes for a sweet treat that also packs a nutritious punch.