

## The Zorro Circle and nutrition:

Unfortunately, when setting nutritional goals, many Americans have overly ambitious, and unrealistic expectations. Instead establishing “tiny, incremental changes” that will expand outwards over time, we implement unsustainable diet practices that ostracize complete food groups (Achor, 2010, p. 139). According to Shawn Achor, “when our goals are unrealizable, we run the risk [of becoming] frustrated, dejected, and stuck”; thereby, “we get discouraged and give up” (Achor, 2010, p. 138).

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.



## The Zorro Circle:

According to Shawn Achor, “by tackling one small challenge at a time,” we can become “the masters of our own fates” (Achor, 2010, p. 137). Therefore, instead of feeling “overwhelmed by too many demands on our time, attention, and abilities,” we should set “smaller, more manageable goals” that help “build our confidence and celebrate our forward progress” (Achor, 2010, p. 139).

Achor, S. (2010). *The Happiness Advantage*. New York City, NY: Random House.



# Nutrition

and  
the Zorro Circle

Recently, *The New York Times* published, “Simple Rules for Healthy Eating” (Carroll, 2015). In the article, Aaron Carroll offers a more mindful approach to nutrition, with seven rules that are aimed at “subtly trying to get you to be more conscious of what you’re eating”; they include:



1. **Get as much of your nutrition as possible from a variety of whole foods;** these include all fruits, vegetables, meat, fish, poultry, and eggs that have NOT been processed, i.e., things that have not been cooked, prepared or altered in any way.
  - a. **Eat *lightly* processed foods less often;** i.e., pasta and other floured products.
  - b. **Eat *heavily* processed foods even less often;** i.e., foods such as cookies, bread, chips, and cereals.
2. **Eat as much home-cooked food as possible, which should be prepared according to Rule #1**
3. **Use salt and fats, including butter and oil, as needed for food preparation.** According to Carroll, these things “are not the enemy,” and “are often necessary in the preparation of tasty, satisfying food” (Carroll, 2015).
4. **When you do eat out, try to eat at restaurants that follow the same rules.**
5. **Drink mostly water, but some alcohol, coffee, and other beverages are fine.**
6. **Treat all beverages with calories in them as you would alcohol.**
7. **Eat with other people, especially people you care about, as often as possible.**

Carroll, A. E. (2015, April 20). *Simple Rules for Healthy Eating*. Retrieved April 21, 2015, from The New York Times: <http://nyti.ms/1FZMGxt>