

4 Healthy Eating New Year's Resolutions for 2024

The excitement of a new year cultivates opportunities to build healthy nutrition habits that will last a lifetime. Here are four ideas to start the year off strong when the ball drops. Learn more at HealthyEating.org/NewYear and share your resolutions with us on social media by tagging [@HealthyEatingCA](https://www.facebook.com/HealthyEatingCA) on [Facebook](https://www.facebook.com/HealthyEatingCA) and [Instagram](https://www.instagram.com/HealthyEatingCA).



1 Build healthy eating patterns.

Small changes in your diet can lead to big results! Explore resources to support healthy eating, including [booklets and tip sheets](#), [K-12 curriculum](#), [videos](#) and the new [Let's Eat Healthy Together: Explore Dairy](#) educational units.

2 Learn about the latest food and nutrition trends and their implications.

Explore Dairy Council of California's [2024 Trends publication](#) for education and health professionals. Use the findings to inform your workplace or schedule a Trends presentation for you and your colleagues in the new year by emailing Info@DairyCouncilofCA.org.

3 Maintain a healthy gut.

Learn [how to improve gut health](#) to support a healthy immune system. Add fermented foods like kefir, kimchi and yogurt that are rich in probiotics and can support gut health.

4 Schedule professional development.

Get help from experts at Dairy Council of California to expand your knowledge in health and nutrition. We offer in-person and on-demand [professional development and advising](#) in various areas. Learn more by emailing Info@DairyCouncilofCA.org.