

Professional Liability Defense QUARTERLY

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Practicing Well: Improving Your Diet Written by: Andrew P. Carroll

According to a recent YouGov poll, the most common New Year's resolution in the United States is to eat healthier, which should be no surprise as the Western diet is increasingly dependent on processed foods high in fat and low in nutritional value. For professionals with busy schedules, this often seems an unavoidable consequence. Grabbing breakfast on the way into the office, or lunch at the building cafeteria, can be a very efficient way to get your fuel for the day. These consequences go beyond physical health, as a healthier diet has been shown to lower the risk of anxiety and depression, regulate sleep and appetite, and improve one's overall mental outlook.

So how can busy professionals eat healthier in the New Year without dedicating hours to roasting root vegetables and boiling steel cut oats every morning? One option is meal planning, which is a practical way to improve your diet while reducing stress commonly associated with maintaining a balanced diet.

The key is to start with small changes to your diet. For example, pick one meal and plan it for two days. Continue this routine for a few weeks and slowly work up to planning that meal for all five weekdays. Once you've mastered planning one meal, add in another meal and repeat the process.

Preparing certain foods and meals at the start of each week saves time and guarantees healthy options for when schedules become unexpectedly busy. For example, scrambling eggs and adding tomato or avocado takes less than 10 minutes and can be portioned for two or three days at a time. For a healthy lunch option, vegetable lo mein simply requires a wok, sesame oil, soy sauce, peppers, onions, mushrooms, and cooked noodles, which can also be portioned for a few days. Add a few pieces of fruit to snack on and you've not only drastically improved the quality of your diet but saved the time (and calories) it would take to buy your lunch during the week!

Remember, most people do not respond well to extreme changes, including those to their diet. Look for incremental improvements instead so that your body can adapt to a cleaner diet over time. Before you know it, making your lunch twice a week turns into three, and three into four. With any luck, in 2020 you will finally have a new resolution – exercising!

About the Author

Andrew Carroll is an Associate in the Philadelphia office of *Goldberg Segalla*. He is a member of their Management and Professional Liability and Cybersecurity and Data Privacy groups, and devotes much of his practice to representing accountants, attorneys, insurance agents/brokers, and directors and officers. He is the Co-Chair of the Young Professionals Committee and manages his physical and mental health by exercising regularly, playing softball, rollerblading and petting his kitten, Gato.

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About the PLDF

The Professional Liability Defense Federation™ is a not-for-profit organization designed to bring together attorneys, claims professionals and risk management specialists to share expertise and information helpful to the successful defense of professional liability claims.

Membership in the PLDF includes delivery of the *Professional Liability Defense Quarterly*, which is devoted to current legal defense and claims handling issues. Articles of topical interest spanning a wide range of malpractice defense subjects are presented to add value to effective defense preparations for the claims handler and defense counsel. We encourage member submission of articles proposed for publication to: Editor-in-Chief, *Professional Liability Defense Quarterly*, PO Box 588, Rochester IL 62563-0588, admin@PLDF.org

To learn more about the PLDF and all that we have to offer, please visit www.PLDF.org or contact our management team: Managing Director Sandra J. Wulf, CAE, IOM, sandra@pldf.org; Deputy Director Sara Decatoire, CAE, IOM, sarad@pldf.org.