

Eating healthier in 2017

January 03, 2017 11:15 AM Carolyn Scofield

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New Year's resolutions can be difficult to keep. That's why Leah Sarris, Executive Chef and Director of Operations at the [Goldring Center for Culinary Medicine](#), suggests starting with small goals and building as you progress. As Sarris explains, simply adding more fruits and vegetables to your diet can improve your health. Watch the video for more ways to eat healthier in 2017.

Recipes shown in this video:

[Creamy Chicken Salad with Apples and Raisins](#)

[Red Wine Vinaigrette](#)