# Are you setting the wrong nutrition goals? 11 sustainable habits for this year

Hindustan Times (Lucknow) · 5 Jan 2026 · 13 · Tavishi Dogra

Abalanced diet isn't about eating less—it's about the right nutrients. Lasting health comes from understanding your body and building sustainable habits.




"In my 20 years of experience, I've seen Gen Z follow trends and switch constantly, causing health issues and unsustainable weight loss. Lack of patience and unnecessary curiosity push for faster results," says Deepika Dua Arora, Therapeutic Dietitian and Founder of Mutation Diet Clinic. Before setting goals, know that unrealistic targets can harm mental and physical health.

1. SET REALISTIC, SUSTAINABLE TARGETS

One major mistake when setting nutrition goals is choosing unrealistic targets. Deepika says, "Don't set targets that aren't achievable; they can lead to feelings of failure." Instead, focus on small, manageable changes that fit into your lifestyle over the long term.

2. RECOGNISE THE IMPORTANCE OF PATIENCE

Healthy lifestyle changes take time. As Deepika advises, 'Know your body and set your own goals.'

3. FIND ACTIVITIES YOU ENJOY

Exercise can be fun. As Deepika suggests, 'Move your

P

It's all about lack of patience and unnecessary curiosity that lead to faster weight loss DEEPIKA DUA ARORA, Therapeutic Dietitian

body in ways that feel good for you.'

4. SET MONTHLY TARGETS RATHER THAN YEARLY ONES

"To achieve long-term goals, set monthly targets. As Deepika says, 'If you lose 2 kg in a month, that's 24 kg in a year—a healthy achievement.'

5. ADAPT YOUR GOALS TO YOUR LIFE STAGE

Different life stages bring different health needs. As Deepika advises, 'Tailor your goals, prioritize fitness over drastic weight loss, and consider how your body is changing.'

6. COLLABORATE WITH A PROFESSIONAL

If you have health issues, work with a diet expert. As Deepika says, 'Weight loss should be planned with the help of an expert.'

7. APPRECIATE LITTLE PROGRESS

We often forget to celebrate

11. FOCUS ON NUTRITION, NOT JUST WEIGHT

Don't make weight loss the only goal. As Deepika says, 'Don't sacrifice nutrition for weight loss.' Focus on whole foods, fruits, vegetables, lean proteins, and healthy fats small victories. As Deepika says, 'Appreciate the small signs of progress—they matter.'

8. AVOID STARVATION DIETS

Deepika warns, 'Don't starve yourself.' Especially in colder months, focus on balanced meals that keep you full and nourished.

9. STAY HYDRATED

Hydration is key. As Deepika says, 'Drink water throughout the day' to support digestion, skin health, and appetite control.

10. CREATE A SUPPORT SYSTEM

Having support helps you reach your nutrition goals. As Deepika says, 'Share your goals with friends or a community' to stay encouraged and on track.