

DIETS:

the GOOD

IT'S EASIER THAN YOU THINK.

EAT
BREAKFAST



EAT THE RECOMMENDED
5-9 SERVINGS
OF FRUITS & VEGETABLES
DAILY

EAT EVERY
4-5 HRS

STRIVE FOR BALANCE

in your meals. Include protein, whole grains & fill

1/2 YOUR
PLATE WITH
FRUITS & VEGETABLES



Source: choosemyplate.gov

**WATCH YOUR
PORTION SIZE**



the FAD

CONSIDER CAREFULLY THE
PROS & CONS.



PROS

- Good source of vitamins & nutrients
- Can be a healthy meal supplement

CONS

- You lose the best parts of the fruits & vegetables - the fiber!
- Fruit juices can be high in calories.

PALEO

THE CAVEMAN DIET



PROS

- Lots of (approved) fruits & vegetables
- High in soluble fiber
- No processed, refined or sweetened foods

CONS

- Low in calcium and vitamin D
- Can be hard to follow; may not be sustainable long term

GLUTEN FREE

OFTEN MISUNDERSTOOD



PROS

- Great for people with celiac disease or a gluten sensitivity who are unable to process gluten, a protein that naturally occurs in wheat & other grains

CONS

- No proof that a gluten-free diet will help you lose weight - in fact, some gluten-free foods can actually be higher in calories

& the UGLY

SOUND TOO GOOD TO BE TRUE?
IT PROBABLY IS.



2lb
PER WEEK
SAFE

- Beware any diet that promises significant weight loss overnight.
- 1-2 pounds per week is a safe weight loss pace.
- Any more than that, and you'll likely gain it back - and then some.



NO SUPER FOODS

or other "magic bullets" exist that will melt away fat while you sleep.

POPULAR EXTREME DIETS

- like those where you eat nothing but cabbage soup or grapefruit - might result in a fast weight loss, but:



- Diets that restrict are not sustainable.
- When you eventually resume regular eating, you'll likely gain it back.

GET MOVING!

Walking just 30 minutes a day, five days a week can make a big difference in your health.