

# 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.



**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.