

Hundred Percent Fad Free

Looking for a quick way to lose weight? Embrace a hundred per cent fad free way. Read what the Federal Trade Commission's Bureau of Consumer Protection has to say.

"Misleading weight loss advertising is everywhere, preying on consumers desperate for an easy solution. There is no magic bullet when it comes to losing weight. Claims for diet products that promise weight loss without sacrifice or effort are bogus and in some cases, dangerous".

How to help yourself to lose those extra pounds that your medical provider has advised you to get rid off? Start by writing down small goals like losing one quarter to a pound of weight per week. Can you walk without problems? Most experts advise to increase physical activity to 2000 extra steps a day. As people get used to these extra steps, adding 1000 more steps until reaching ten thousand steps per day can make a great difference.

For lunch and supper, get a nine inch plate. Divide the plate in half. Fill this half with non-starchy vegetables like a combination of broccoli, carrots, and cauliflower or any other you like. Prefer salads? Cover the half plate with raw veggies and spray a lite dressing on it. The other half plate, divide in two. These quarter sections are for your protein and starchy items. Protein could be lean chicken, turkey, beef, or your favorite fish. Starchy items like rice, potato, or pasta. You choose. Ah! Do not stack your food! No tricks! A rounded meal will have a calcium source like 8 ounces of fat free milk, and a sweet end like a small fruit. Some may want to save the fruit for a midday or afternoon snack.

For breakfast, a cup or less of cereal with fat free milk is great. May have an egg or fat free slice of cheese, and a hot beverage with a non caloric sweetener. Lots of water or non caloric beverages will not add any calories to your plan. Anyway, the idea is to spend more energy with added physical activity while receiving less energy than needed in the foods and drinks we have. This is what makes your body lose weight.

Want a much easier plan to follow? Eat one third less than you normally would eat. If you are a big eater, plan for a half less than usual. When eating out, choose items with less sauce or fat or ask these on the side. Of course do not use it all! Stay away from regular types of sodas and sweetened drinks. Beware of juices and smoothies. Calories can easily add up.

Most people can do well by just using smaller dishes and glasses and not going for seconds. Three meals a day or dividing foods in five or six smaller meals can do wonders for others. Taking time to eat slowly and avoiding cleaning up the plate before going for a walk may be your course of action starting today! And finally, stay away from things that sound too good to be true!

For more information on false weight loss claims, log on to www.FTC.gov. For healthy nutrition topics: www.eatright.org, and www.osceolahealth.org (under community nutrition). The American Dietetic Association promotes healthy nutrition. During the

month of March, nutritionists around the USA will be educating the public on myths and fads that lead to misinformation. Be a hundred percent fad free; consult a state licensed nutritionist for your food education needs.

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