

This plan is what we call balanced when you add the water. Three meals are the norm. Some should have more, but small that are not concentrated in calories. Not doing so, will defeat the purpose of dividing the food into more meals. Top this advice with some walking or other physical activity your health professional advised for you. This last part is a way of using the calories you have already stored.

Follow this balanced plan for a month and if it does not work for you, call "Closing The Gap" (407) 343-2076 or (407) 343-2082. We will be happy to see you at our next free session on weight management for adults or the "Smart Kids Slim Down Program" for families. You will be glad you called.

#### TEN RED FLAGS TO SPOT A BAD NUTRITION ADVICE:

1. promises of a quick fix
2. use of a single product or strict limitations of food or food groups
3. does it sound too good to be true?
4. very simple conclusions drawn from a complex study
5. use of one single study to draw conclusions
6. statements that are not accepted by known scientific organizations
7. lists of good foods and bad foods
8. information to help sell a product
9. mention of studies published without good scientific review
10. Studies that ignore differences among individuals or groups

(Closing the Gap Program is an education and Diabetes Prevention Program of the Osceola County Health Department. Our sessions are free and open to the public. Sessions are provided in English and Spanish. Call for more information.)

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