

Turn Over A New-Tritious Leaf

American Dietetic Association Says Resolve To Strive For A Healthy Lifestyle

(NAPS)—Whether you need to lose, gain, or maintain, make health, not appearance, your first priority for the new year. The American Dietetic Association suggests resolving to strive for a healthy lifestyle for a lifetime.

“The key to managing your weight is a positive attitude and the right kind of motivation,” says Roxanne Moore, registered dietitian and spokesperson for the American Dietetic Association. “If you’re trying to lose weight to fit into a bathing suit for spring break, or to look good for your school reunion, chances are your commitment and efforts will fizzle out over time.”

ADA suggests focusing on internal rewards; better health, increased energy, self-esteem and feeling in control. To help achieve this, focus on your current weight or lifestyle and not where you want to be five months from now. “The thought of losing five pounds at a time is not as intimidating as losing twenty-five pounds. Remember the old adage, slow and steady wins the race,” says Moore.

Eating for good health can be easy by following the Food Guide Pyramid. To tip the energy balance in one direction or the other, or to keep it level, simply adjust your food choices and number of servings within each of the five major food groups. The Food Guide Pyramid conveys three main messages about healthful eating: variety, balance and moderation.



- **For variety**, eat different foods from the Pyramid’s five food groups. No one food supplies all the nutrients the body needs. Eating a variety of foods—both within each food group and among the five food groups—ensures that you meet your nutritional requirements.

- **For balance**, eat appropriate amounts from each food group every day. A balanced diet supplies the nutrients and calories the body needs.

- **For moderation**, choose foods and beverages to meet your energy needs and to control calories, total fat, cholesterol, sodium, sugars and, if consumed, alcoholic beverages. A moderate diet helps you maintain a healthy weight and may help protect you from health problems such as heart disease and cancer later in life.

In addition to eating healthfully, regular physical activity is key in maintaining a healthy weight. You don’t need to be an exercise fanatic with strenuous

daily workouts to get the benefits. “Step aerobics at a fitness club or 45 minutes on the treadmill may not be right for you,” says Moore. “That’s OK. Any physical activity you enjoy can do the job. If you make exercise enjoyable, you’re more likely to stick with it.”

For significant health benefits aim toward an accumulation of at least 30 minutes or more of moderate activity everyday. If you haven’t been physically active, then build up gradually. Remember, any increase in your physical activity can make a difference. You don’t need an all-or-nothing mentality.

These and other tips can be found in the *American Dietetic Association’s Complete Food & Nutrition Guide* (\$24.95, Chronimed), which is packed with healthful eating tips and available at bookstores nationwide.

With nearly 70,000 members, the Chicago-based American Dietetic Association is the world’s largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being.

For more ADA healthful eating tips, log onto www.webmd.com and visit WebMD’s Food and Nutrition Channel, where consumers will find information from the ADA on thousands of food and nutrition topics supported by up to date scientific research.