

Health And Well-Being

Weight-Control Tips For Better Health

(NAPSA)—There's good news for those who would like to enjoy health and fitness all year round. Any time of year, including the winter months, can be the right time to eat well and stay fit and healthy.

Here are some tips:

- Use smaller plates during meals. Bigger plates fit more food—food you're more likely to eat.

- Choose foods with fewer calories. Foods with fewer calories will tend to make you feel full sooner.

- Exercise. Try to remain physically active over the winter or start an exercise program during the cold months. Start by going for a walk two to three times a week and eventually build your walk up to at least 30 minutes on most days of the week. Invite your family and friends along since exercise is good for them, too.

- Limit how much alcohol you drink this holiday season and throughout the winter. Alcohol can be a major source of hidden calories.

- Watch out for soda and other artificially sweetened beverages. Don't overdo natural fruit juices, either, since they are also high in calories. It is best to go with calorie-free bottled water—plain or sparkling.

- Experts at the Weight-control Information Network suggest cutting the fat and sodium but keeping the flavor. You can reduce fat without reducing taste by seasoning your winter dishes with colorful fruits and vegetables, as well as fresh herbs of the season.



Enjoy meals by choosing foods with fewer calories. Foods with fewer calories will tend to make you feel full sooner.

- If you eat a healthy snack before any special event or celebration, chances are you'll be less likely to binge on fattening foods.

The Weight-control Information Network is an information service of the National Institute of Diabetes and Digestive and Kidney Diseases—part of the National Institutes of Health. It offers up-to-date, science-based information on obesity, weight control and related nutritional issues for health professionals and the general public.

It also offers culturally relevant brochures designed to speak to the specific health needs of different communities.

To learn more, call toll free at 1-877-946-4627 or visit the Web site www.win.niddk.nih.gov.