

## Is Your Diet Stealing Years From Your Life?

(NAPSA)—Have your food choices stolen years from, or added years to your life? It's been said that an individual's nutritional age may not be the same as his or her biological age based on food and lifestyle choices made. Making simple dietary and lifestyle changes can often result in significant health benefits and can help your body to age slowly and gracefully. The old adage remains true—you are what you eat.



**Studies show that making the wrong food choices can actually take years off of a person's life.**

A free questionnaire available online at [www.eDiets.com](http://www.eDiets.com), the leader in personalized online diet programs, can determine if a person's dietary habits are positively or negatively impacting his or her age.

Based on questionnaire results, experts at the company will offer advice aimed at improving the respondent's diet and extending one's life span.

"Weight loss is only half the battle. The real victory is establishing new eating habits that will keep you healthy throughout your lifetime," said Susan Burke, eDiets' Director of Nutrition Services. "Food choices significantly impact one's health and longevity, so it's imperative to change those unhealthy habits that may increase risk for disease and shorten an individual's life span. Often, a few minor adjustments will do the trick."

To learn more or fill out the free five-minute questionnaire, visit [www.eDiets.com/diettest](http://www.eDiets.com/diettest).