

Healthy Living

Healthy Eating And Exercise: The Next Diet “Fad?”

(NAPSA)—With Atkins and carb counting on the decline, there seems to be a lull in new diet trends, with no one method catching on in popularity. While dieters are trying new weight loss strategies, many nutritionists and fitness experts suggest ignoring these complicated fad diets and following the simple, proven strategy of smart eating coupled with regular exercise.

“Whether you’re a health nut or novice, if you mix together daily activity and a sensible diet, you’ll have the perfect recipe for keeping your body balanced,” comments nutritionist Dr. Marilyn Schorin, who recommends these no-nonsense healthy living tips to put pep in your step and leave you feeling satisfied—not deprived.

- **Grazing is Good:** The traditional three square meals a day is giving way to the metabolism-boosting trick of eating more frequently. “Maintaining control is as simple as eating when you’re hungry and stopping before you’re full,” says Dr. Schorin.

- **Don’t Deprive Yourself of Favorites:** Enjoying favorites is all about portion control and making wise choices. Are you a choco-holic? Eat fruit lightly dipped in chocolate. Craving fast food? Order favorites with some alterations. For example, Taco Bell offers menu items “Fresco Style,” replacing cheese and sauce with a low-calorie, fat-free Fiesta Salsa at no extra cost—reducing fat content an average of 40 percent.

- **Every Little Bit Helps:** Don’t feel like you need to run a marathon to keep in shape. Try sneaking extra steps into your daily routine. Bypass the elevator and take the stairs. Or, stop hunting



Eat Up! But Eat Smart—Healthy eating does not have to mean depriving yourself.

for the perfect parking spot and embrace the extra walk. Add 2,000 steps, and you’ll be walking an extra mile a day.

- **Carb Up!** Your body and brain garner much-needed nutrients and energy from carbohydrates. But not all carbs are created equal. Many simple carbohydrates that are high in sugar supply “empty calories,” offering few nutrients for your calories. Alternatively, complex carbs such as grains and beans have higher nutritional value.

- **The Spice of Life:** Add flavor to your diet and exercise regime. To breathe new life into your routine, use spices and herbs instead of sauces and glazes to maximize flavor without adding a lot of fat. Or figuratively spice things up by turning workout hour into social hour by working out with friends.

“Incorporate these easy-to-implement tips into your routine and you’ll be feeling younger, healthier and more energized in no time,” encourages Schorin.