**DIETS:**

**the GOOD**

IT’S EASIER THAN YOU THINK.

**EAT BREAKFAST**

**EAT THE RECOMMENDED 5-9 SERVINGS OF FRUITS & VEGETABLES DAILY**

**EAT EVERY 4-5 HRS**

**STRIVE FOR BALANCE**

in your meals. Include protein, whole grains & fill

1/2 YOUR PLATE WITH FRUITS & VEGETABLES

Source: choosemyplate.gov

**WATCH YOUR PORTION SIZE**

**the FAD**

CONSIDER CAREFULLY THE PROS & CONS.

**JUICING**

**CONS**

• You lose the best parts of the fruits & vegetables – the fiber!
• Fruit juices can be high in calories.

**PROS**

• Good source of vitamins & nutrients
• Can be a healthy meal supplement

**the UGLY**

SOUND TOO GOOD TO BE TRUE? IT PROBABLY IS.

2lb PER WEEK SAFE

• Beware any diet that promises significant weight loss overnight.
• 1-2 pounds per week is a safe weight loss pace.
• Any more than that, and you’ll likely gain it back – and then some.

**PALEO**

THE CAVEMAN DIET

**CONS**

• Low in calcium and vitamin D
• Can be hard to follow; may not be sustainable long term

**PROS**

• Lots of (approved) fruits & vegetables
• High in soluble fiber
• No processed, refined or sweetened foods

**NO SUPER FOODS**

or other “magic bullets” exist that will melt away fat while you sleep.

**GLUTEN FREE**

OFTEN MISUNDERSTOOD

**CONS**

• No proof that a gluten-free diet will help you lose weight - in fact, some gluten-free foods can actually be higher in calories

**PROS**

• Great for people with celiac disease or a gluten sensitivity who are unable to process gluten, a protein that naturally occurs in wheat & other grains

**POPULAR EXTREME DIETS**

– like those where you eat nothing but cabbage soup or grapefruit – might result in a fast weight loss, but:

• Diets that restrict are not sustainable.
• When you eventually resume regular eating, you’ll likely gain it back.

**GET MOVING!**

Walking just 30 minutes a day, five days a week can make a big difference in your health.

Want to know more? Visit KP’s Total Health Radio to hear the complete podcast, read the transcript and get more nutritional information. **www.totalhealthradio.org**
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**YOUR PLATE WITH FRUITS & VEGETABLES**

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