



# Nutrition Facts

## Living a Fad Free Life



Among the daily stream of fad diets and weight-loss books, it can be easy to lose sight of the big Picture: **Achieving overall good health.** Diets and other gimmicks may claim to be the answer, but are usually just quick fixes. By focusing more on your overall health, experts agree that you can raise your overall self-esteem, resulting in healthy eating, weight loss and improved health.

### How to Live 100% FAD FREE!

#### **1. Develop an eating plan for lifelong health.**

Get back to basics and use the 2005 Dietary Guidelines and [www.mypyramid.gov](http://www.mypyramid.gov) as your guide to healthy eating.

#### **2. Choose foods wisely by looking at the big picture.**

Single food or meal will not make or break a healthful diet. When consumed in moderation in the appropriate portion size, all foods can fit into a healthful diet.

**3. Learn how to spot a fad diet.** Bizarre or outrageous claims that eating (or not eating) specific foods, nutrient supplements or combinations of foods may cure disease or offer quick weight loss are key features of fad diets.

**4. Find your balance between food and physical activity.** Regular physical activity is important for your overall health and fitness, and it helps control body weight, promotes feeling of well-being and reduces the risk of chronic diseases.

#### **5. Food and nutrition misinformation can have harmful effects on your health and well-being.**

Registered Dietitians are qualified to communicate current and emerging science-based nutrition information and are an instrumental part of developing a healthy eating plan that is unique to your particular needs.

### **Tips on increasing physical activity in your daily life:**

#### **At Home:**

- Join a walking group in the neighborhood or at the local shopping mall.
- Plant and care for a vegetable or flower garden.
- Clean the house or wash the car.

#### **At work:**

- Replace a coffee break with a brisk 10 minute walk..
- Get off the bus or subway one stop earlier and walk the rest of the way.

#### **At Play:**

- Walk, jog, cycle, swim.
- Take a dance or martial arts class.
- Take a nature walk.
- Have fun while being active!



Ask the Dietitian  
County of Los Angeles,  
Public Health Nutrition Program  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

