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Live a Happy, Healthy Life: No Dieting Required

The simple truth is that most diets simply don't work. Do you know that:

- One in four Americans is currently on a diet?
- 95% of people on a diet will eventually fail?

This shouldn't come as a total surprise based on some of the extreme "fad" diets that are out there today. They're restrictive, confusing, tedious, and some can be downright unrealistic and unhealthy. It can be nearly impossible to navigate the maze of popular fad diets. Luckily, you don't have to. This edition of *WellnessNews* will help you spot a fad diet and give you tips on what a healthy diet looks like. Fad diets may work in the short term, but as everyone knows, fads don't last. So skip the fad diet and start making better choices today. The benefits can last a lifetime.



Source: *Men's Health*

I never worry about diets.
The only carrots that interest me
are the number you get in a diamond.

— MAE WEST





A Full Diet of Diets

Some weight loss plans promise dramatic results, usually in a short period of time. These diets typically don't result in long-term success and they are usually not very healthy. In fact, some diets can be dangerous to your health. Some common diet types are listed below. How many have you tried?

Diet Type	Examples
Controlled Carbohydrates	<ul style="list-style-type: none"> • Dr. Atkins' New Diet Revolution • The Carbohydrate Addict's Diet • Protein Power • Sugar Busters • The Zone
High Carbohydrate/Low Fat	<ul style="list-style-type: none"> • Dr. Dean Ornish: Eat More, Weigh Less • The Good Carbohydrate Revolution • The Pritikin Principle
Controlled Portion Sizes	<ul style="list-style-type: none"> • Dr. Shapiro's Picture Perfect Weight Loss • Volumetrics Weight-Control Plan • NutriSystem • Jenny Craig
Food Combining	<ul style="list-style-type: none"> • Fit for Life • Suzanne Somers' Somersizing
Liquid Diets	<ul style="list-style-type: none"> • Cambridge Diet • Slim-Fast
Diet Pills/Herbal Remedies	<ul style="list-style-type: none"> • Dexatrim Natural • Hydroxycut • Metabolife 356
Other	<ul style="list-style-type: none"> • Eat Right for Your Type: The Blood Type Diet • Macrobiotics

The biggest seller is cook-books and the second is diet books — how not to eat what you've just learned how to cook.

— ANDY ROONEY





If many diets don't work, why are they so popular?

People are often willing to try anything that promises to help them lose weight because they want to look or feel better, or because they are worried about getting weight-related diseases. Diet companies are willing and able to take advantage of this. They create diets that appeal to people by promising weight loss that's very quick and easy. They know many people prefer the "quick fix" instead of making the effort through long-term changes in eating and exercise habits.

Fad diets also became popular because many of them do work for a short amount of time. Most often, this is because when you stop eating certain types of food or eat "special" combinations of foods, you are getting fewer calories than you normally would. You are also paying more attention to what you're eating. However, it's likely that much of the weight you lose is from water and lean muscle, not body fat. Most people are not able to keep up with the demands of a diet that strictly limits their food choices or requires them to eat the same foods over and over again. In fact, many people who use a fad diet end up gaining back any weight that they initially lost, and more. Too many diets actually "teach" your body to store calories. When you go back to a "regular" way of eating, the pounds come back and then some.

How to recognize a fad diet

As a general rule, steer clear of diets or diet products that do any of the following:

- Claim to help you lose weight very quickly (more than one or two pounds per week). Remember, it took time for you to gain unwanted weight, and it will take time to lose it.
- Base claims on "before and after" photos.
- Offer testimonials from clients or "experts" in weight loss, science or nutrition.
- Draw simple conclusions from complex medical research.
- Limit your food choices and don't encourage you to get balanced nutrition by eating a variety of foods.
- Require you to spend a lot of money on things like seminars, pills or prepackaged meals in order for the plan to work.

Source: www.familydoctor.org



I've been on a diet for two weeks and all I've lost is fourteen days.

—TOTIE FIELDS



The Worst Fad Diets

The popular weight-loss diets below are based off of six basic diet trends. We'll show you why they don't work and why they may be unhealthy. You won't find these exact names on any books on a shelf, but you should be able to recognize the gimmick no matter how they dress it up.



1. The Fat-Free Diet

The theory: Eat whatever you want as long as it has no fat. If your diet doesn't contain any fat, you won't get fat.

Reality check: While it's true that extra fat in your diet adds calories, just sticking to foods touted as fat free doesn't necessarily help. Supermarket shelves are crammed with products that are advertised as fat free. However, these products are typically loaded with sugar and empty calories that offer little in the way of fiber, vitamins, or minerals. Check product labels before you buy.

2. The Snack-Pack Diet

The theory: Cookies and chips sorted into 100-calorie packs help limit the damage from an attack of the munchies.

Reality check: The dozens of 100-calorie snack pack foods on the market may now offer a lower-calorie alternative, but few of them are truly healthy, and they aren't very filling or rich in fiber. You may find you just end up running for another bag after you finish the first one. Rather than knocking back a 100-calorie bag of Cheetos or Oreos, look for more nutritious alternatives, like half a sandwich made with whole-wheat bread, or a piece of fruit with peanut butter or low-fat cheese.



3. The Couch-Potato Diet

The theory: Who needs exercise? You can lose weight without working out! Cutting back on calories is enough.

Reality check: Who needs exercise? You do. Studies have shown that dieters who change what they eat and increase their physical activity are more likely to lose weight and keep it off. Increasing activity has other health benefits as well, such as lowering your risk of heart disease, the leading killer of women. Even a brisk 20- to 30-minute walk most days of the week can make a big difference.



4. The Detox Plan

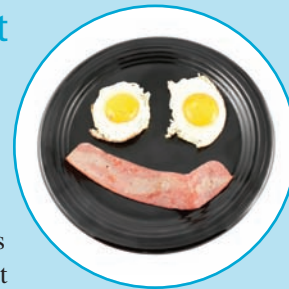
The theory: You'll lose weight when you clean out your insides by downing a concoction made from orange juice and molasses or some other bizarre mix.

Reality check: There's no evidence that purging your intestines of "toxins" makes you any healthier or more likely to lose weight. A high-fiber diet is a much healthier way to go.

5. The Beef and Bacon Diet

The theory: All protein, all the time, and don't worry too much about fat.

Reality check: Cutting down on carbs, especially empty carbs like white flour and white rice, can help you lose weight, but a diet that contains large amounts of fatty meat simply isn't healthy. A better choice would be lean proteins, like fish or chicken (grilled or broiled without the skin), plus five servings of fruits and vegetables, a serving or two of whole-grain carbs, and some low-fat dairy.



6. The Twinkie Diet

The theory: Calories are all that counts, so eat whatever you want, including nothing but Twinkies. You'll lose weight as long as your total is under your daily limit.

Reality check: Although calories do count, the source of those calories is important. If you eat nothing but junk food, your body will lose out on vital nutrients and that can have long-term consequences for your health. So watch those calories, and watch where they come from.

Source: www.newsweek.com

If You Want to Be Healthier, Get Back to Basics

If most diets don't work, what does? Eating fewer calories than you burn. That's it, plain and simple. Calories really do count, so if you want to trim down, the most effective way is to eat a variety of healthful foods, exercise 30-60 minutes every day, and stop super-sizing your meals.

Speak with Your Health Care Provider for Professional Advice

Before you make any changes to your diet or start an exercise regimen, it's important to speak with your health care provider. Diet and exercise are not always discussed during your typical office visit. You should come prepared to your doctor's visit with a list of questions in order to get the information you need. Remember, your doctor is there to help you improve your health. Here are some tips to make the most out of your visit:

- Speak openly and honestly with your health care provider about your weight concerns and discuss any medical conditions you have or any medicines you are taking (including herbal supplements).
- Write down your questions in advance and bring a pen and paper to take notes.
- Make sure you understand what your health care provider is saying. Don't be afraid to ask for clarification.

Questions You May Want to Ask

- Do I need to lose weight? Or should I just avoid gaining more?
- Could my extra weight be caused by a health problem such as hypothyroidism or by a medicine I am taking?
- Is my weight affecting my health?
- What should my weight-loss goal be?
- How should I change my eating habits?
- How much physical activity do I need?



Variety is Key for a Healthy Diet

Just as a car needs the proper gasoline to make it run, a body needs a healthy diet — the right balance of protein, carbohydrates, and fat (as well as a host of other nutrients) to develop properly.

Each vitamin or mineral regulates a bodily process. For instance, the mineral calcium keeps bones strong and helps to prevent low bone density and fractures. Vitamin A is important to keep your skin smooth and healthy. Vitamin C helps protect your body against infection. Vitamin E stimulates the function of T-cells, which are important fighters in your immune system.

When you go on a fad diet and exclude any of the necessary nutrients, you're putting yourself at risk for illness. Getting too little of a specific nutrient may not cause a problem immediately. But if it's depleted for a long period of time, you may suffer health consequences.



The best diet is not really a diet at all, but a way of life that lets you “eat to live,” as you enjoy healthy food, exercise, and optimal health.

Practice Portion Control

Researchers have concluded that it may not be just the type of foods we’re eating that are causing America’s obesity epidemic, but also the size of the portions we’re consuming. Food servings have grown larger and larger over the years. And fast-food restaurants aren’t the only places you’ll find super-sized meals.

In a study published in the *Journal of the American Medical Association*, researchers looked into foods such as hamburgers, burritos, tacos, french fries, sodas, ice cream, pie, cookies, and salty snacks. They found that between the 1970s and the 1990s, portion sizes increased – whether people at these foods at home or at restaurants. The trend of increased portion sizes is continuing today. Where will it stop?

Here are some tips to help with portion (and calorie) control:

- Serve your meals on salad plates instead of on larger dinner plates.
- Store snack foods in tiny sandwich bags so you are sure you’re eating no more than one portion.
- When ordering out, share your entrée with a friend.
- Ask for a kid’s meal or small size. Never super-size your meal.
- Fill up on fresh green salads, fruit, and vegetables instead of high-fat breads, pasta, and desserts.



Eat Less. Move More.

If you want to sum up healthy living advice in four words, they would be: “Eat less. Move more.” That’s oversimplified, but it makes a point. The truth is simple. Michael Pollan, a New York Times best selling author on food and nutrition, sums up his nutritional advice as follows: “Eat food. Not too much. Mostly plants.”

The advice to “eat food” isn’t as simple as it sounds. Much of what we eat isn’t food, or at least it wouldn’t be recognized as food by our grandmothers. Food is in the outer aisles around the edge of the supermarket: fruits, vegetables, cheese, fish, meat, poultry, dairy products, and bread. Once you move into the center aisles, you’re entering a realm of food products — products engineered and manufactured to deliver nutrients, plus a lot of other stuff our bodies don’t need.

“Not too much” is straightforward enough. All you have to do is look around to see that two thirds of Americans are overweight. That’s a lot of people eating too much, and too much of the wrong foods, or “food products.”

“Mostly plants.” This covers a lot of territory: fruits, vegetables, and a multitude of grains. We don’t need to eliminate red meat, fish, poultry, dairy products, and processed foods altogether. They should just be limited to a small portion of your total food intake each day. Keeping nutrition simple is the best way to eat healthier. Eating a variety of real foods each day, in small amounts, and not skipping meals, is a good place to start.



Weight Loss Tips for Life

If you think you need to lose weight, talk with your doctor about your “ideal” weight. Ask your doctor the number of calories you need to lose weight and to maintain an ideal weight. Here are some tips to help you lose weight in the short run and keep it off in the long run:

- Use a calorie calculator to estimate the number of daily calories your body needs to maintain your current weight or lose weight. Go to www.freedieting.com/tools/calorie_calculator.htm.
- Eat a variety of foods, such as lean protein, complex carbohydrates such as whole grains, fruits and vegetables, and “good” fats like omega-3 fats from fish and monounsaturated fats from avocados, nuts, and olive oil.



- Eat at least five servings of fruits and vegetables daily. Choose different colored fruits and vegetables to ensure optimal nutrition.
- Try to limit saturated fats and trans fats from fried foods, fatty cuts of meat, and snack and fast-food products.

- Be careful about portion sizes. If you must have seconds, serve yourself vegetables.



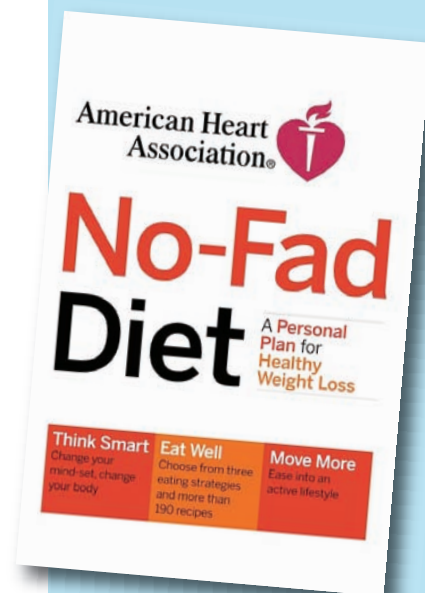
- Exercise at least 30-60 minutes every day.
- Eliminate all junk food from the kitchen. Toss out high-calorie, high-fat foods that will tempt you to overeat, such as chips, cookies, crackers, ice cream, and candy bars.
- Fill your kitchen with lean protein, fruits and vegetables, whole grains, legumes, nuts and seeds, and low-fat dairy products.
- If you like a lot of food on your plate, fill up with a large salad and a super serving of green beans, broccoli, cabbage, kale, or other low-calorie vegetables.



- Snack on berries. Dark berries (blueberries, blackberries, cherries, and raspberries) help strengthen the immune system and keep you well. They are also low in calories and fat, and high in fiber.
- Avoid “empty calories” including sodas and fruit drinks.

Talk to your primary health care provider or a registered dietitian for more information on weight loss and dieting. Also, ask your friends, family, or coworkers to join you as you work to change your eating habits. Sticking to a weight loss plan is much easier when you have a support system.

Source: www.webmd.com



The No-Fad Diet

The American Heart Association’s (AHA’s) No-Fad Diet offers you tools to personalize a weight-loss plan to fit your lifestyle. You can design your approach using three key concepts, or what the AHA calls the Circles of Success — think smart, eat well, and move more. These circles will overlap as you work toward your goals, and you will need to embrace all three to achieve successful weight control for life. It won’t happen overnight, but if you persist, it *will* happen! For more information on the *No-Fad Diet*, go to www.americanheart.org. Click on “Healthy Lifestyle,” then select “Managing Your Weight.”

If hunger is not the problem, then eating is not the solution.

— AUTHOR UNKNOWN



Test Your Weight Loss and Nutrition Knowledge: How much do you really know?

Myth: Certain foods like grapefruit, celery or cabbage soup can burn fat and make you lose weight.

Fact: No foods can burn fat. Some foods with caffeine may speed up your metabolism (the way your body uses energy, or calories) for a short time, but they do not cause weight loss. The best way to lose weight is to cut back on the number of calories you eat and be more physically active.



Myth: Fast foods are always an unhealthy choice and you should not eat them when dieting.

Fact: Fast foods can be part of a healthy weight loss program with a little bit of know-how.

- Avoid supersized combo meals or split one with a friend.
- Sip on water or skim milk instead of soda.
- Choose salads and grilled foods, like a grilled chicken breast sandwich or small hamburger.
- Try a “fresco” taco (with salsa instead of cheese or sauce).
- Fried foods, like french fries and fried chicken, are high in fat and calories, so order them only once in awhile, order a small portion, or split an order with a friend.
- Use small amounts of high-fat, high-calorie toppings, like regular mayonnaise, salad dressings, bacon and cheese.

Myth: Eating after 8:00 p.m. causes weight gain.

Fact: It does not matter what time of day you eat. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight. No matter when you eat, your body will store extra calories as fat.

Myth: Eating red meat is bad for your health and makes it harder to lose weight.

Fact: Eating lean meat in small amounts can be part of a healthy weight loss plan. Red meat, pork, chicken, and fish contain some cholesterol and saturated fat. They also contain healthy nutrients like protein, iron, and zinc. Choose cuts of meat that are lower in fat and trim all visible fat. Lower fat meats include pork tenderloin and beef round steak, tenderloin, sirloin tip, flank steak, and extra lean ground beef. Remember to pay attention to portion size!

Myth: Nuts are fattening and you should not eat them if you want to lose weight.

Fact: In small amounts, nuts can be part of a healthy weight loss program.

Nuts are high in calories and fat. However, most nuts contain healthy fats that do not clog arteries. Nuts are also good sources of protein, dietary fiber, and minerals such as magnesium and copper. One-half ounce of mixed nuts has about 84 calories.



Source: National Institutes of Health



“Partners 2 Health” is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition “to” (“Acting as partners will lead to better health”), the “2” signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone’s health. Additionally, the “2” represents the two goals of the initiative — the primary goal of better health and the secondary goal of lower healthcare costs.