

DO IT & DIET

A Healthy Alternative To Sugary Drinks

(NAPSA)—Dieting can be a weighty matter. Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough but it's not. Here are a few tips that will help you stay healthy and keep you on target:

- Enjoy your favorite foods but eat less of them. That means putting smaller portions on your plate.

- Think about what you can add to your diet, not what you should take away. Start by focusing on getting the recommended five to nine servings of fruits and vegetables each day. Fruits and vegetables displace fat in the diet.

- Drink plenty of water and other low-calorie beverages. And stay away from sugar. Sun Shower 100 percent Nectarine Juices, for example, have no added sugar or preservatives. They are also high in potassium, vitamin C and antioxidants. Sometimes people confuse thirst with hunger. These nectarine juices contain only 90 calories per 8-ounce serving and each serving equals two servings of fruit.

- Eat protein every meal. Protein is more satisfying than carbohydrates or fats and may



Sometimes people confuse thirst with hunger. Drinking water and a low-calorie, no-sugar-added juice will help cut the craving for food.

be a good weapon in weight control. Researchers point out that diets higher in protein and moderate in carbs, along with a lifestyle of regular exercise, have an excellent potential to help weight loss.

- Eat several minimeals during the day. If you eat fewer calories than you burn, you will lose weight, but when you're hungry all the time, eating fewer calories can be challenging. Studies show that people who eat four to five meals or snacks per day are better able to control their appetite and weight.

For more information, visit www.nbijuiceworks.com.