

HAVE YOU VOWED TO LOSE WEIGHT THIS YEAR?

Emerging Research Suggests Milk May Play a Role in Weight Loss

(NAPSA)—Trying to lose weight? There is a new approach that doesn't require depriving yourself of key nutrients or following the latest fad diet. The American Dietetic Association (ADA) has teamed up with America's milk processors to provide dieters with a new High CALcium, Low CALorie eating plan rich in calcium and low in calories to help people lose weight safely and effectively.

According to a new survey from the ADA, the nation's largest organization of food and nutrition professionals and an authority on healthy eating and good nutrition, 65 percent of women are currently dieting or plan to start a diet this year. Unfortunately, the survey also reveals that nearly a third of female dieters will cut down on milk and other dairy foods in an attempt to lose weight, despite research that suggests milk may help support the healthy weight loss process.

"Too often, women jump on the fad diet bandwagon and end up missing out on important nutrients like calcium, which helps prevent osteoporosis as women age and may also help with weight loss," said registered dietitian and ADA President Marianne Smith Edge. "This seven day High CAL, Low CAL meal plan will show people how easy it can be to eat a lowfat, reduced-calorie, well-balanced diet that meets the daily requirement of 1,000 mg of calcium each day."

Emerging research suggests that the unique combination of calcium and protein found in milk may promote the loss of body fat while maintaining more muscle, when part of a reduced calorie meal plan. Milk is the only beverage that naturally provides this unique combination of calcium, which is part of the body's natural system for burning fat, and protein, which is essential for building and keeping muscle, along with seven other essential nutrients.

Additional results of the ADA survey show that exercising and sticking to their chosen program are the most challenging aspects of dieting.



When it comes to having more than a "slim" chance of losing weight, wise dieters drink to good health with a glass of lowfat milk.

"Success with weight loss is measured not only by how much weight is lost, but by whether it stays off," said registered dietitian Joy Bauer, MS, RD, weight loss expert and author of the best-selling book *The Complete Idiot's Guide to Total Nutrition and Cooking with Joy*. "While restrictive or fad diets can be a short-term solution, they seldom deliver lasting results."

Some of today's popular diets exclude or limit milk and dairy products to cut calories, perpetuating the myth that dairy foods are "fattening." Lowfat and fat free milk products fit easily into a well-balanced weight loss plan. Other popular diets that promote higher protein and fat intake eliminate or discourage milk intake because of its carbohydrate content.

"The very foods people are cutting out may be what will help them lose weight. Milk not only provides the nutrients dieters need, like calcium and protein, but studies suggest it may help promote the loss of body fat while maintaining more muscle, which is important when dieting," said Bauer.

For more information on the High CAL, Low CAL meal plan, recipes and weight management tips, visit www.eatright.org or www.healthyweightwithmilk.com.