

The Principles Behind Healthy Weight Loss

(NAPSA)—The Surgeon General—Dr. Richard H. Carmona—and a health group called the Partnership for Essential Nutrition have an important message for overweight Americans: shedding excess pounds is one of the healthiest things you can do—but only if you lose weight in a healthy way.



Carmona

At a time when many people have fallen prey to the promises of diet books and infomercials, the Partnership for Essential Nutrition says don't be fooled by come-ons like "Eat all you want and still lose weight." The truth is fad diets that promise rapid weight loss by greatly limiting specific foods and nutrients can undermine people's health, cause physical discomfort, and lead to disappointment when people regain their weight back.

"If you are one of the many Americans who are overweight, shedding excess pounds will significantly improve your health, as long as you lose weight in a healthy way," said Surgeon General Carmona. "The path to healthy weight loss includes setting realistic goals and following a comprehensive weight loss program that is sustainable—meaning the method must go beyond losing the excess weight and address ways to keep it off."

What are the best methods for

healthy, long-term weight loss? To provide the latest facts, the Partnership for Essential Nutrition has put new information on its Web site—www.essentialnutrition.org—that explains what works and what doesn't. Based on information from government agencies and leading public health organizations, the recommendations include:

- **Set realistic expectations**—According to the Federal Trade Commission, successful weight loss is typically losing about 10 percent of your body weight in six months.

- **Choose a comprehensive weight loss program that is sustainable**—This means the method must go beyond losing the excess weight and address ways to keep it off.

- **It's the calories that count**—That's why nutrition experts recommend foods that are higher in water content and contain fewer calories.

- **Watch your portion size**—If you practice portion control, it is possible to eat almost any type of food and stay within a healthy range of calories.

- **Be more physically active**—For weight control, new dietary guidelines recommend 60 minutes of activity on most days during the week.

- **Create a Supportive Atmosphere**—Research finds that dieters who lost weight on a buddy system had better results losing weight and keeping it off.

Find more tips at www.essentialnutrition.org.