



# COLONIAL NUTRITION NEWSLETTER

## Dieting

### Tips on Healthy Weight Loss

- Tell your parents your concerns about your weight.
- Healthy weight loss is no more than 1-2 pounds per week
- Watch your drinks...sodas are loaded with extra calories and don't drink sports drinks unless you are playing sports
- Start small...don't jump into big diet changes...they won't last.
- Eat slowly and enjoy your food, this will also help you to recognize when you have had enough to eat before you are too full
- Stop eating when you're satisfied...not full and aching
- Eat a healthy breakfast! Kick-start your metabolism each day with breakfast!
- Eating at least 5 fruit and vegetable servings a day will help to fill you up with healthy, low calorie foods
- Avoid the fad diets
- Don't get rid of certain "bad" foods, just limit the amount you have and have it less often
- Get moving, every good diet includes exercise
- Build muscle, Muscle burns calories when you are sitting still!

### What is a Diet?

- The act of restricting food intake or the intake of particular foods
- To select or limit the food one eats to improve one's physical condition or to lose weight
- A particular selection of food, designed or prescribed to improve a person's physical condition or to prevent or treat a disease



### Unhealthy Dieting and the Bad Side Effects:

- Fatigue and Weakness
- Stress fractures
- Muscle injuries
- Brittle hair and nails
- Dental Cavities
- Sensitivity to cold
- Low heart rate and blood pressure
- Heart irregularities, chest pain
- Yo-yoing weight