

To Your Health

100% Fad Free

Fad diets are everywhere. Turn on the television and there's the latest super-pill 'guaranteed' to make you slim. Log onto your computer and the pop-ups offer dozens of products to 'detoxify' your life and shed pounds miraculously. Glance at the magazine covers and every celebrity in America has a new diet plan to give you a 'perfect body just like theirs.' Flip through the same magazine pages and there's more!

Americans spend more than \$40 billion on weight loss every year. Sadly, many people waste their money on fad diets and gimmicks. At best these products don't work; in the worst case scenario, they can harm your health.

The path to a healthy weight is to make healthful eating and physical activity an everyday way of life.

Source: *Eat Right Montana*, March 2007

Easy Ways to Eat for a Healthy Weight

Forget the fads. Diet fads come and go - without offering a permanent weight solution. When you hear about the latest diet, **always ask yourself a few important questions:** Do the results sound too good to be true? Is there any proof besides a few personal testimonials? Can I really eat this way for the rest of my life?

Make a realistic commitment. Any eating plan needs to work for **you**. It needs to fit with your schedule, food budget, and cooking skills. If a diet is complicated, expensive, or eliminates all your favorite foods, you won't stick with it. Once you have a realistic plan, share your commitment to make healthier food choices with your family.

Start slowly and make it a habit. Drastic changes can be a recipe for failure; **small changes can make a big difference**, if they last. Pick one change, like eating breakfast, and make it a habit. Experts say that it takes about 21 days for a behavior to become habit. To start a breakfast habit, write down 21 breakfast 'menus' you'd love to eat.

Plan ahead and stock up on options. Make a list of the possibilities - like all the breakfast foods you enjoy: at home; in the car or on the bus; at work; or from a vending machine. Screen your list for "healthful possibilities." Once you have a list of healthful possibilities, stock up. Make sure that there is a smart option anywhere that you might have the opportunity to eat breakfast.

Forgive your lapses and celebrate your successes. Healthy eating doesn't have to be perfect eating. If you make a mistake - like missing a few morning meals, no big deal. *Get back on track as soon as you can.* Changing eating habits takes time. Pat yourself on the back for any positive changes you've made.

Heart Healthy Fish

As nutrition research advances, it appears we should be making a greater attempt to include more fish in our diet. Quite often the preparation method preferred in the Midwest is breaded and fried or deep fat fried. Not quite the 'heart healthy' choice nutritionists have in mind.

In general fish is lower in total fat and saturated fat than red meats and poultry. Research shows that it may help lower blood cholesterol levels. Fish that is rich in omega-3 fatty acids (salmon, trout, herring, albacore tuna and mackerel) may help reduce the risk of heart attacks by preventing blood platelets from clotting and sticking to artery walls. Omega-3 fatty acids may also lower levels of triglycerides, and modestly reduce blood pressure levels. Current recommendations are to eat fatty fish 2-3 times a week as part of a heart healthy diet.

Baked Salmon with Dill Sauce (serves 4)

4 4-ounce salmon fillets

2 tablespoons water

3 tablespoons lemon juice

Sauce: 1 cup nonfat sour cream

2 teaspoons dried dill

$\frac{1}{2}$ cup diced cucumber

$\frac{1}{4}$ cup minced green onion

Preheat oven to 350 degrees F. Place fillets in a large baking pan; sprinkle with lemon juice and water. Bake until done - when fish turns opaque and flakes easily with a fork - about 20 minutes.

Sauce: mix ingredients in a small bowl.

Serve fish fillets hot with sauce on the side.

Each serving: 237 calories, 7 g fat, 1 g saturated fat, 62 mg cholesterol, 101 mg sodium, 13 g carb, 0 g fiber, 26 g protein.
Source: *Food for Fitness and Fun*, March 2007 and *Communicating Food for Health*, February 2003

Let's Move

Exercise Shouldn't Hurt

Exercise doesn't have to be painful or strenuous to be beneficial. A little muscle soreness when you do something new isn't unusual, but soreness doesn't equal pain. You don't need to make your muscles burn to know they're working. If it hurts, stop doing it. You don't have to push yourself to extremes to get the benefits of exercise. Work up gradually to 30 minutes or more a day.

Source: *Food and Fun for Active Families* 2007 calendar, Iowa State University Extension

Did you know?

- A single meal or day of eating rich foods will not make or break an otherwise healthy eating pattern. What you eat on a regular daily basis is what matters most. Enjoy your occasional indulgences but follow a healthy meal plan most of the time.
- Eating breakfast every day can help improve concentration, reduce hunger and maintain a healthy weight. Look for fast and easy choices such as whole grain breads and muffins, cereal with milk, fruit and fruit juice, yogurt and yogurt shakes, cheese, or be creative with last night's leftovers.

Information for consumers with home and family questions -

ISU Extension AnswerLine: 800-262-3804