

## No-Fad Diet

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### Q. What is the No-Fad Diet?

A. The South Beach Diet, the grapefruit diet, the Zone, the ice-cream diet and now...the American Heart Association diet? Unlike its rivals on the bestseller list and in popular women's magazines, the new "personal plan for healthy weight loss" from the nation's leading cardiovascular health organization doesn't promise rapid weight loss or require you to abandon balanced eating habits. The book's name makes the intent clear right on the cover: "*No-Fad Diet*". The following are 10 tips from the "*No-Fad Diet*" book.

1. Set a personal weight-loss goal and write it down. Start with a goal of losing about 10 percent of your current body weight.
2. Keep a food diary for one week. Write down everything you eat and drink.
3. Pay attention to what you are eating now and why. Identify the sources of your personal "hidden" calories, such as eating your child's leftovers.
4. Substitute fat-free or low-fat milk for whole milk, and save about 65 calories for each eight-ounce serving.
5. Watch nutrition labels: Products labeled "low-fat" can be high in calories. For example, low-fat yogurt can be high in calories. Enjoy fat-free, no-sugar-added yogurt instead for a fraction of the calories.
6. Include high-fiber foods, such as whole grains, fruits and vegetables, in your diet. They take longer to digest, so they make you feel full longer. In addition, many fruits and vegetables contain water, which provides volume but not calories.
7. Cut your favorite candy bar into bite-size pieces. Wrap each piece in plastic wrap, and store the pieces in the freezer. When sugar craving hits, unwrap and eat one piece. By the time the candy thaws in your mouth, your craving may be satisfied.
8. Identify the nonessential, high-calorie foods you buy out of habit. Stop buying them! If they're not in your pantry, you won't eat them.
9. Make extra amounts of your favorite low-calorie foods and freeze individual portions. It's an easy way to control portion size and have handy options available for last-minute meals and snacks.
10. When eating out, consider having two low-calorie appetizers instead of an entrée. It will help you feel satisfied and full without splurging on calories.

-Adapted from the American Heart Association's "*No-Fad Diet*", published by Clarkson Potter, a division of Random House. For more tips and highlights of the "*No-Fad Diet*", see [www.americanheart.org/](http://www.americanheart.org/). *Information taken from Tufts University Health & Nutrition Letter, September 2005.*

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