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# Total Wellness <sup>®</sup> BECOMING A TOTAL PERSON <sup>®</sup>

Volume XV, Number 3

March 2007

## Avoid the Fads for Overall Health

Diet fads come and go, and some may even help you lose weight – in the short term. However, the best way to achieve a healthful lifestyle is to be 100 percent fad free.

According to the American Dietetic Association, you can lose weight on virtually any diet. In fact, if you eat less, you'll lose weight. The question is, can you maintain a healthy lifestyle over the long term? The real key is to focus on your overall health.

**Consider these tips:**

- Develop an eating plan for lifelong health. Get back to basics and use the Dietary Guidelines for Americans and MyPyramid as a guide.
- Choose foods by looking at the big picture. When eaten in moderation in appropriate portions, all foods can fit into a healthy diet.
- Learn how to spot a food fad. Unreasonable or exaggerated claims that eating or not eating specific foods, supplements, or combinations of foods may cure a disease or offer quick weight loss are key features of fad diets.
- Find a balance between food and physical activity. Regular physical activity is a key for overall health and fitness.

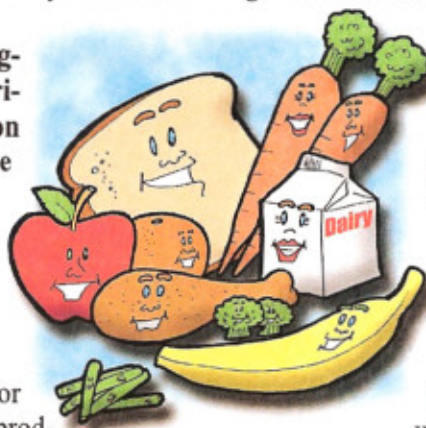
Source: American Dietetic Association, [www.eatright.org](http://www.eatright.org)

## Balancing a Healthy Diet and Hectic Life

According to the U.S. Department of Agriculture, the food choices you make today will have a great impact on your health and well-being in the future. However, since Americans are working longer hours and having more active family schedules, many families are skipping healthy meal choices for convenience and speediness. But you can still eat healthy on the run.

Here are several suggestions from the American Dietetic Association on how you can balance a healthy diet with a hectic schedule:

- Remember that a healthy diet should:
  - emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
  - include lean meats, poultry, fish, beans, eggs, and nuts
  - be low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars.
- For side items, choose salads, fruits, or vegetables instead of fried foods. Request reduced-calorie salad dressing.
- For your drinks, choose water, low-fat or fat-free milk, or diet soda instead of regular sodas.
- Eat more whole grains, such as wheat, oats, barley, rice, and corn. Whole grains contain fiber and other nutrients that are good for you.



- If you eat pizza, order a thin crust and choose lower-fat toppings such as chicken or ham and add lots of vegetables. Ask for half the amount of cheese and more tomato sauce.
- For healthy Mexican food meals, choose chicken tacos or bean burritos. Skip the cheese, sour cream, and guacamole. Double the amount of fresh salsa on anything you order.
- Enjoy the taste of comfort foods like fried chicken without the added fat. Remove the skin and breading from the chicken before eating it.
- Enjoy grilled or roasted chicken sandwiches. Add lettuce, tomatoes, and mustard for flavor without the fat and calories. Asking for ketchup, barbecue sauce, salsa, or mustard instead of mayonnaise for toppings or dipping sauces can cut fat and calories.
- Choose eating establishments that offer a wide range of healthy food options. Ask for nutrition information or check out the restaurant's website for nutrition information on food items.

For more information, visit the American Dietetic Association at [www.eatright.org](http://www.eatright.org), or visit the U.S. Department of Agriculture at [www.mypyramid.gov](http://www.mypyramid.gov) to develop a healthy eating plan.