

FOR IMMEDIATE RELEASE

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New Year New Diet

A new year brings thoughts of a new diet for many people. Taking measures to become healthier is a great way to start the new year. With the availability of information on the internet, it is important to think about the source in which the information is gained and whether it is reliable.

There are a few quick and easy steps that should be considered before we jump into a new diet. The same should be applied to a current diet and any new diet you may want to try. Does the diet...

- Promote short term changes?
- Involve rapid weight loss?
- Have an absence of physical activity?
- Have missing food groups?
- Result in nutritional inadequacies?
- Have maintenance issues?
- Result in working against those with chronic diseases like heart disease or diabetes?
- Go against recommendations for a healthy lifestyle and scientific evidence?

If you answered yes to any of these questions, you may want to reconsider your plans for using the diet. A diet is not a quick fix for losing weight. A good diet helps you develop healthy habits that will last for the rest of your life and allow you to lose weight slowly and maintain weight loss.

For more information about nutrition, food safety or health, contact Holly Miner at haminer@ksu.edu or call (620) 331-2690.

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