

Lifelong Health, Not Short-Term Weight Loss

Amid the daily barrage of fad diets and weight-loss books, it can be easy to lose sight of the big picture: achieving overall good health. Too often, people adopt the latest diet, which may work for a while, but then they hit weight-loss plateaus and ultimately end the diet in frustration.

By putting more emphasis on your health, experts agree that you can raise your overall self esteem, resulting in healthy eating, weight loss and improved health. It is the official position of the American Dietetic Association that if food is consumed in moderation with appropriate portion size and combined with regular physical activity, all foods can fit into a healthful diet.

If you've gone from one diet to the next throughout your life, it's time to get back to basics and focus on your overall health.