Dieting: Old Advice, New Again

Diets usually fail. That's how dieting has become a _____ business. You lose weight, you stop dieting, you gain back the weight that you lost, and you start again on another diet.

Is there a _____ way? The answer is yes. And it's easy. What is it? Change the way you eat.

It's different for every person, but there are some general rules. Read nutrition labels _____ you buy anything in a package. Practice _____ control. Exercise and weigh yourself every day. If the _____ on the scale begins to creep up, you should walk, bike or swim a little more. You should eat a little less for a few days.

Eat everything you want, but eat in _____. Eat many homemade meals. _____ the meals with vegetables. _____ calorie-controlled snacks like popcorn, graham crackers, and ice cream (really ice milk). No _____!

Reduce calories over the long-term. You are most likely to be _____ when you decide what changes in diet to make and when. Dietary change is a slow process. It's one that requires _____ attention.

An expert said "I do not believe in diets or any particular products. I believe in _____ how to create a healthy lifestyle. The formula is simple."

- Stop eating junk,
- Eat good food that is real, not _____,
- Avoid drinking your calories,
- Know what one serving is and do not eat more than that in a _____,
- Move your butt every day — even just walking is better than being a couch potato, and
- Stop making _____.

Watch out for package claims of "low fat" or "low _____."

Read the facts on the nutrition label. Sugar often _____ for flavor. Fruit juice may be fat-free. But it is not low in calories. It _____ large amounts of sugar.