

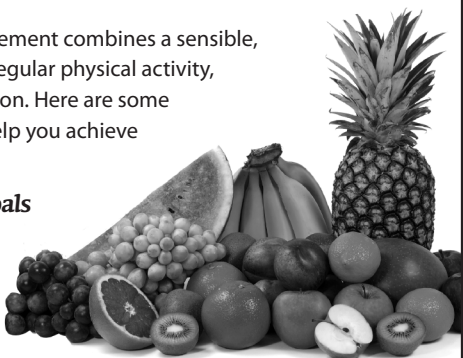
Preventive tips to keep you healthy... from New London Hospital.

Smart Eating for a Lifetime

Effective weight management combines a sensible, nutritious eating plan, regular physical activity, and behavior modification. Here are some helpful guidelines: to help you achieve your goals.

Set realistic weight goals

Diets can often be too restrictive and may even discourage you. Your healthcare provider can be a good source for diet and nutrition information, and can assist you with implementing a sensible diet plan. Learn as much as you can about proper nutrition and exercise.



Maintain a good attitude

Keep yourself motivated to stay on your diet. Inspiration comes from many sources, so enlist the help of others.

Make health your motivation

Do not be driven by a number on your bathroom scale or a chart. Stay focused on your body and healthy eating habits. Following the "ideal" represented by a fashion magazine model can be frustrating, physically unobtainable and unhealthy.

You're in it for the long haul

Make meal choices for a lifetime. Going on a diet temporarily does no good if you slip back into your old eating habits.

Choose a diet that includes all foods

Eat a variety of foods rich in complex carbohydrates, such as whole grains. Fruits and vegetables are a great source for a diversity of vitamins. If you choose to eat meat, stick to leaner cuts. Choose low-fat dairy items as a tasty alternative to whole milk products.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: American Medical Association
Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.