

Obesity is an epidemic in the United States. According to the Centers for Disease Control and Prevention, American society has become 'obesogenic,' characterized by environments that promote increased food intake, nonhealthful foods, and physical inactivity.

## DIETS VERSUS GOOD SENSE NUTRITION PRINCIPLES

Many people attempt to combat obesity and its effects. In fact, research indicates that Americans spend as much as \$40 billion dollars annually on weight-loss products and programs. Unfortunately, however, not all weight-loss strategies are necessarily healthy for the body, particularly over the long-term. Although some weight-loss gimmicks may help you to lose pounds initially, they generally do not support permanent weight loss. Unlike most craze diets, a nutritious, well-balanced diet serves the dual purpose of helping to maintain a desirable body weight and good health for a lifetime.

## DON'T GET DUPED!

If a diet promotes one of the following characteristics, it may cause discomfort, weaken your health, or lead to regaining weight shortly after losing it.

- ✦ **Emphasis on one food**—According to the American Heart Association, quick weight loss diets usually overemphasize one particular food or type of food, and as a result, violate the first principle of good nutrition: eat a balanced diet that includes a variety of foods.
- ✦ **Little or no physical activity**—To lose weight and keep it off permanently, one must do two things: decrease food intake and balance food consumption with physical activity.
- ✦ **High protein**—Diets high in protein may limit healthful foods that deliver important nutrients to the body. People who stay on high protein diets for long may lack vitamins and minerals necessary to good health.

Long-term success depends on setting realistic goals and sticking with them. In addition to helping you look and feel better, maintaining a healthy weight and engaging in regular physical activity can decrease your risk for a variety of conditions including coronary heart disease, stroke, some types of cancer, and type 2 diabetes.



Consult your physician before beginning an exercise program, particularly if you are overweight or have been inactive for an extended period.

# DEBUNKING DIET MYTHS!

# WEIGH the Consequences

According to the Surgeon General, obesity is the fastest-growing cause of death and disease in America. Because being overweight can contribute to heart disease, diabetes, and even some types of cancer, managing your weight is one of the best things you can do for your health. The best ways to manage or lose weight are to limit calorie consumption and to participate in an adequate amount of physical activity.



For more information about surgical options for weight loss, visit [texashealth.org/weightloss](http://texashealth.org/weightloss) or call 1-877-THR-WELL

