

FAD DIETS often include “magic” foods that help burn fat with a promise of rapid weight loss and no need to exercise. These diets restrict or limit quantities of food or recommend a combination of prescribed food with strict menus.

IN REALITY

- NO FOOD INCREASES FAT LOSS
- FAT LOSS TAKES TIME (A NORMAL RATE IS 1-2 POUNDS PER WEEK)
- EXERCISE IS AS IMPORTANT AS FOOD CHOICES FOR ACHIEVING AND MAINTAINING HEALTHY WEIGHT
- SUSTAINABLE WEIGHT LOSS RELIES ON HEALTHY EATING PATTERNS
- CERTAIN COMBINATIONS OF FOOD EATEN AT SPECIFIED TIMES DO NOT ENHANCE WEIGHT LOSS
- LIMITED FOOD CHOICES DO NOT ENHANCE WEIGHT LOSS

NEED ENERGY? MOVE MORE...

Even though 30 minutes is ideal - every step you take, every time you move helps. If you're moving, your improving!

- Try parking further away
- Take a 5 minute walk twice per day
- Stretch 2 times per day



**MAKE MEALS MATTER:
EAT TOGETHER AS A FAMILY**

Eat Well - Be well

Eat Well - Be Well

To make an appointment or for assistance

503.659.4988

NWPC.com

DWYER CLINIC
10024 SE 32nd Avenue
Milwaukie, OR 97222
503.659.4988

Hours:
Mon-Fri 8AM-5PM

MILWAUKIE CLINIC
3033 SE Monroe Avenue
Milwaukie, OR 97222
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Hours:
Mon 8AM-5PM
Tues, Wed, Thurs 8AM-8PM
Fri 8AM-5PM
Sat 8AM-3PM

OREGON CITY CLINIC
Providence Willamette Falls Medical Center
1508 Division Street, Medical Plaza II
Lower Level, Suite 25,
Oregon City, OR 97045
503.659.4988

Hours:
Mon-Fri 8AM-5PM

SELLWOOD CLINIC
6327 SE Milwaukie Avenue
Portland, OR 97202
503.659.4988

Hours:
Mon-Fri 8AM-5PM

TALBERT CLINIC
12360 SE Sunnyside Road
Clackamas, OR 97015
503.659.4988

Hours:
Mon-Fri 8AM-5PM



Eat Well - Be Well

HAVE YOU TRIED LOTS OF DIETS ONLY TO REGAIN THE WEIGHT AND THEN SOME?

You are not alone!

Try this quiz:

1. Every person has his/her own natural weight. True / False
2. It's easy to lose weight. True / False
3. The only reason people are overweight is because they eat too much. True / False
4. Dieting may cause weight gain. True / False
5. Healthy eating means eating only sugar free and low-fat foods. True / False
6. Dieting may make a person unhealthy. True / False

IT IS NOT YOUR FAULT
DIETS DON'T WORK

WHAT IS NORMAL EATING?

Normal eating means choosing a variety of foods that you enjoy. It also means respecting your body's needs by eating when you are hungry and stopping when you feel satisfied. It means giving some thought to choosing nutritious food without being inflexible and rigid.

WHAT CAN YOU DO?

Rethink your approach to eating well & being well. Forget diets that are unnatural, unsatisfying and often unhealthy. The key to achieving and maintaining your healthy weight is a life of balanced eating and being physically active!

WHAT IS A HEALTHY DIET?

A healthy diet is a diet that includes breads, potatoes and other cereals and is rich in fruit and vegetables. A healthy diet includes moderate amounts of milk and dairy products, meat, fish or meat/milk alternatives, and limited amounts of foods containing fat or sugar.

No single food can provide all the essential nutrients that the body needs. Consume a wide variety of foods to provide adequate intakes of vitamins, minerals and dietary fiber.

THINK:

BALANCE: VARIETY: MODERATION

BALANCE:

Your body works best when you have meals/snacks at consistent times each day.

VARIETY:

Whole foods of all kinds is what your body really craves.

MODERATION:

Eat when you're hungry. Stop when you are full. All foods are "Legal".

Answers to Quiz:

1. *True* - Set-point theory suggests that every person has a natural weight range that is determined by heredity.
2. *False* - The body fights to stay within a person's natural weight range. The body's metabolism slows down when a person restricts caloric intake. This is a protective mechanism to slow weight loss.
3. *False* - The reasons people are overweight are complex and not very well understood. The tendency to gain weight varies from one person to another, even when food intake, physical activity and lifestyle are the same.
4. *True* - Most dieters regain the weight once the diet ends. Many end up even heavier than they were before the diet started. This happens because dieting has caused their metabolism to slow down and also because dieters often feel so hungry, deprived and discouraged that they overeat.
5. *False* - Healthy eating includes balancing higher-fat foods with lower-fat foods. Fat is an essential nutrient for health. Higher-fat foods are particularly important for children and adolescents for growth and development.
6. *True* - Diets are dangerous for anyone, and especially so for young people who are still growing. Health consequences include fatigue, headaches, depression, anxiety, a lack of concentration, bone loss, menstrual irregularities, infertility, cold intolerance, hair loss, and many more.

ON A DIET... OFF A DIET... ON A DIET... OFF A DIET... ON A DIET...

