

**FOR IMMEDIATE RELEASE**

**Contact:**

Susan Krahn, MS, RDN, CD, CLC  
Public Health Nutritionist  
715-839-6941  
[Susan.krahn@co.eau-claire.wi.us](mailto:Susan.krahn@co.eau-claire.wi.us)

## **Ditch the Diet!**

*This New Year start a Healthy Diet-Free Habit that Lasts a Lifetime*

**Eau Claire, WI, January 7, 2019**—Did you make a New Year’s resolution to lose weight? Losing weight can be healthy for your body and mind in many ways. However, diets often feel hard to stick with and do not last long.

Here’s a tip: skip the fad diets. Make eating healthy or being more active your main goal. Losing weight will be a bonus side effect. “Trendy diets sound exciting. Who doesn’t want a quick fix? But health benefits that may result from fad diets generally do not last long. Realistic healthy habits can last a lifetime,” says Susan Krahn, Registered Dietitian Nutritionist.



**New research shows that 40-48% of adults and 12-21% of children living in Eau Claire County are obese.**

The percentage appears to be affected by zip code. People living in rural areas appear to be at a higher risk for obesity. **Children today are also three times more likely to have obesity** compared to children living in the 1960s and 1970s. Be a healthy role model! Children notice healthy habits and remember them for life.

### **New Year’s Challenge: Pick a new healthy habit.**

- 1) FILL HALF OF YOUR PLATE WITH FRUITS AND VEGETABLES.** Instead of tossing out all “bad” foods, eat *more* healthy foods. When you eat more fruits and vegetables, you will likely eat less high-calorie foods.
- 2) SIP HEALTHY DRINKS.** Calories from sweet coffee drinks, juice drinks or regular soda add up quickly. Many people who drink high-calorie beverages daily find they lose weight easily by cutting them out. You don’t have to force down plain water. Try unsweetened tea, sparking water, or add fresh fruit to ice cold water.
- 3) BE ACTIVE FOR 30-60 MINUTES DAILY.** Move more. Walk at the mall, clean the house, dance to music!
- 4) PUT AWAY THE SNACKS.** Stop grazing all day. Plan for 1-2 healthy snacks. Put snacks in a small bowl or bag. Don’t eat out of the package or carton. Get rid of the candy dish.
- 5) EAT A HEALTHY BREAKFAST.** People who eat a healthy breakfast tend to have a healthier weight.
- 6) EAT AT HOME.** If you or your family eat a lot of meals away from home, try limiting it to once per week.
- 7) EAT A MEAL AS A FAMILY THREE TIMES EACH WEEK.** Turn off screens and focus on enjoying time together. Experts have found that eating and talking together helps everyone eat healthier.

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