



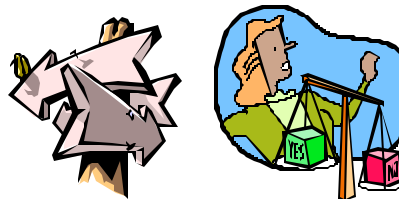
The ABC's of a Healthy Lifestyle



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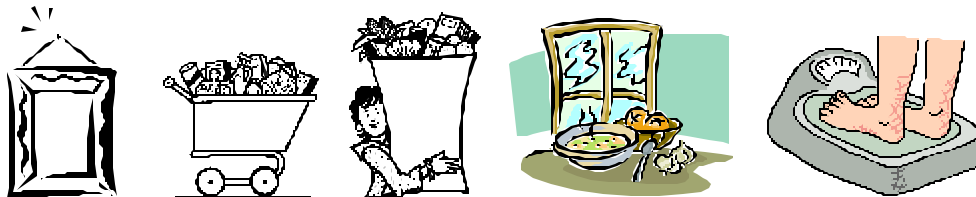
What eating plan is right for you? If a plan promises quick results be wary. Maintaining a healthy weight requires a long term commitment. A healthy eating plan is not a "diet". It is a plan for you to adopt for life and one that takes into account your lifestyle, health and personal preferences.

A healthy lifestyle is the key to looking good, feeling good and being your best at work and play. It all starts with a healthy eating plan. Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle and individual requirements. Choose foods that will allow you to achieve and maintain a healthy weight.



Actively pursue variety. Eat a variety of foods. By incorporating variety in to your food choices you promote optimal nutrition and enjoy the pleasurable aspects of eating.

Look at the big picture. It's what you eat over several days (not just one day or one meal) that is important. Make moderation your goal, eat sensible serving sizes.



Get the facts on Food Labels. Become a smart shopper by reading food labels. Compare similar foods to find out which foods are lower in fat and calories. Look for foods that are low in sodium, saturated and trans fats. Healthy food choices will help you to meet your nutritional goals.

Develop a physical activity plan that fits your lifestyle. **Choose a variety of activities you enjoy.** You don't need expensive equipment or complicated fitness programs. Set realistic goals. Start with a 10 minutes and work your way up to 30 to 45 minutes most days of the week. Everyday activities such as yard work or house cleaning count toward daily goals. Dancing, biking and walking are other ideas. It doesn't matter what activity you choose, just get up and MOVE!

