

Consuming Thoughts

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People often ask what weight loss plan is the best?

The answer is that no one plan for losing weight is best for everyone. If you are not physically active, regular exercise may help you lose fat and keep it off. If you eat too much, decreasing your calorie intake may help.

Long-term success usually de-

pends upon new and better life-long habits of both physical activity and eating.

There is only one way to lose weight and that's to use up more calories than you take in. Do not try to lose weight too fast. A gradual loss of 1/2 to 1 pound a week is what's recommended—it gives you time to build good eat-

ing and exercise habits. Generally, to lose 1/2 pound a week, either decrease calorie intake by about 250 calories a day, or burn up those 250 calories by increasing physical activity, or do some of both.

Another question that people ask is what's the best way to change "what" and "how much" you eat?

It depends on your eating habits. If rich desserts are a problem, you can opt for no dessert, a very small portion, or fresh fruit instead.

If topping on your baked potato is a source of extra calories, what's best for you is no topping, less topping, plain yogurt or fat free products instead of sour cream?

If you're used to the flavor of whole milk but want less fat and fewer calories, what's best for you—directly switching from

whole milk to skim or trying low-fat milk first?

The important thing is to make some changes that will make a difference over the long run.

Include diet essentials: fruits, vegetables, breads, and cereals, lean meat, poultry or fish, low-fat milk and milk products. Don't cut calories too low. Getting enough of the nutrients you need is difficult in diets of less than 1200 calories.

Some foods have more calories than others. Foods that are high in fat are generally highest in calories.

Fat provides 9 calories per gram while both carbohydrate and protein provide 4 calories per gram.

Alcohol provides 7 calories per gram.

Choose low-fat foods most often.

Don't skip meals. Your body operates 24 hours a day and usually works best when it receives food energy (calories) in moderate amounts at regular intervals.

It's a good idea to eat before you start your main activities of the day.

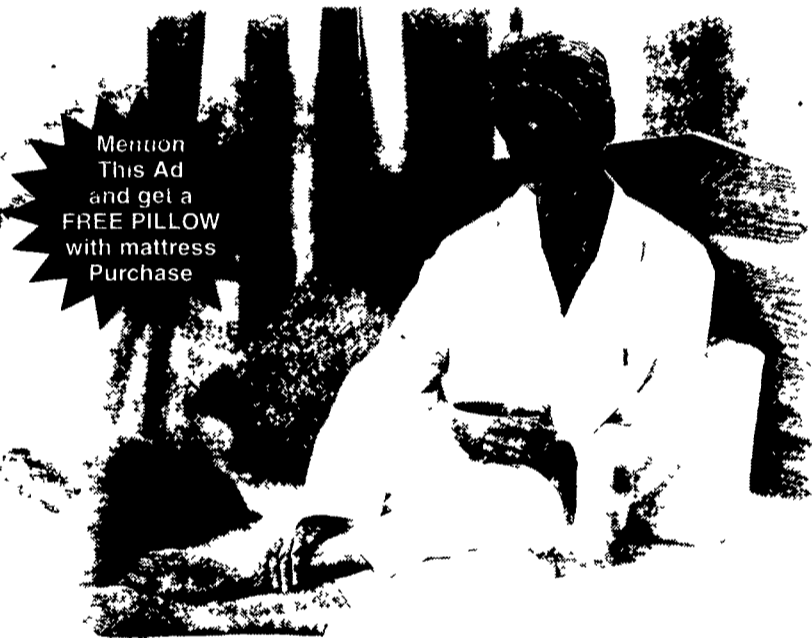
Eat slowly! Give your body time to realize you've eaten so you don't overeat.

Become more active. Try to improve your endurance, strength and flexibility while decreasing body fat.

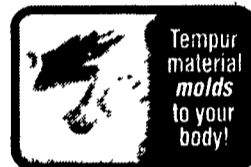
Penn State's New Weigh of Life (NWOL) Weight Management Program stresses the importance of choosing and eating healthy foods in moderate portions. To obtain more information about this series of classes, contact your local county extension office.

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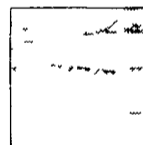
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At Risk For Diabetes?

LEBANON (Lebanon Co.) — Seventeen million Americans have diabetes, a disease with many life-threatening complications. These complications include heart disease, stroke, leg and feet amputations, blindness, kidney disease, and nerve damage.

Diabetes is a silent disease. You can have it for years and not know it. During this time, harm to your eyes, nerves, and kidneys may have been going on for seven to 10 years.

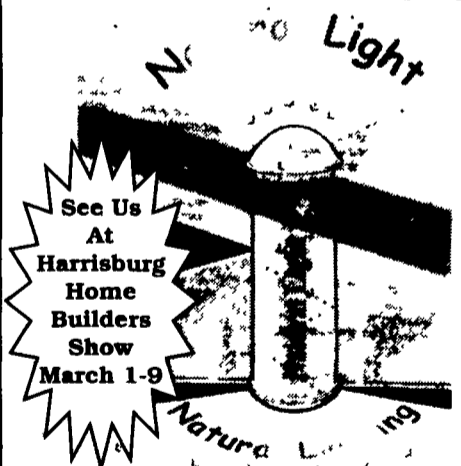
There are many symptoms of diabetes. A person can experience one or more of the following symptoms:

- blurred vision/recent changes in vision
- being very hungry or thirsty all the time
- frequent urination
- tingling or numbness in legs, feet, or fingers
- being sleepy and tired
- frequent skin infections and slow healing of cuts on hands and feet

Your risk goes up as you get older, gain too much weight, or if you do not stay active.

To see *Creating Health: Diabetes*, check your local listing for WFF - Public TV's broadcast dates and times.

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