

Tips that Count

Wellness information for your journey to a healthier you!

Diet without Deprivation

When it comes to nutrition and maintaining your ideal weight, there is no quick fix or magic bullet. But by following some established advice, you can avoid the pitfalls of dieting.

Plan. We all have healthy favorites in every food category. Be sure to include some of your favorites in the meals you plan. Planning your meals ahead of time with these favorite foods gives you something to look forward to and helps you to stick with the plan.

More and Less. Eat less food but eat more often throughout the day.

Consistency. Eat your meals at about the same time every day.

Avoid skipping breakfast and then having a small lunch—this often leads to a too-large dinner.

Track. Set daily targets for calories and ingredients and keep track of what you eat using any one of the good online or mobile apps.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.