



Choosing The Right Diet . . . A Life Plan



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When planning your diet it's important not to have too many limitations. Remember a "diet" that limits portions to a very small size or that excludes certain foods entirely to promote weight loss may not be effective for the long haul. It's much easier to maintain a diet that takes into account the foods that you like and dislike and also include combinations of foods with enough calories and nutrients for good health.

GOOD NUTRITION

Adequate Vitamins and Minerals- Eating a wide variety of foods from all the food groups will help you to get the vitamins and minerals you need. If you eat less than 1200 calories a day, you may benefit from taking a daily vitamin supplement containing minerals and vitamins.

Adequate Protein- The average woman 25 years of age and older should get 50 grams of protein each day, and the average

man 25 years and older should get 65 grams of protein each day. Adequate protein is important because it prevents muscle tissue from breaking down and repairs all body tissues such as skin and teeth. To be sure to get adequate protein in you daily diet, make sure to eat 2-3 servings of protein such as lean meats, poultry, fish, dry beans, eggs, and nuts.

Daily Fiber – Intake should be 20-30 grams per day. Adequate fiber helps with proper bowel function.

Adequate Carbohydrates- At least 100 grams of carbohydrates are needed to prevent fatigue and dangerous fluid imbalances. Eating whole grain carbohydrates that move slowly through the body allow you to stay fuller for a longer period of time.

NANCY'S PLAN . . .

When I see my clients, the first thing I do is ask them about their lifestyle. We also discuss how many people are living in the same house and if any are children. I customize their "life plan" to who they are and how they live their lives. Lets face it, if I was to present a diet to them that is just for now, how will they be doing in 5 years from now? Will they continue to

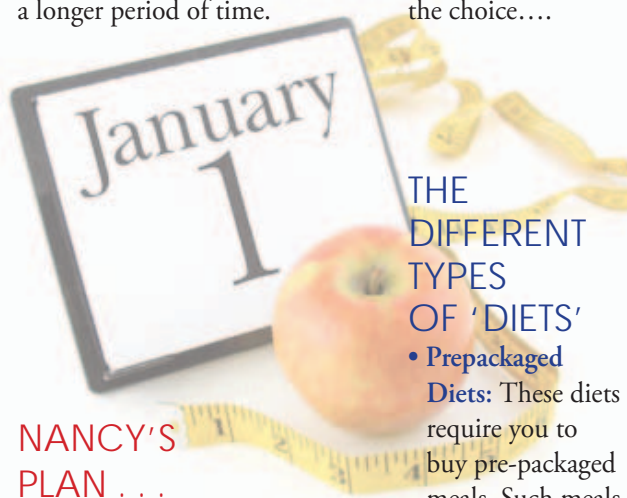
enjoy the foods they are eating to help them control their new weight and their new bodies? My clients are successful for a lifetime when they understand how to balance and structure the food that goes into their bodies. The only way to finally make permanent changes in you life is to be educated properly on being able to identify food for what it is and know which are the healthiest foods for overall good health. Being on a "Diet" means once you lose the weight, you are done and you're finished with eating healthy because you have achieved your weight loss goals! Make the commitment to change you life and the rest will come easily. You make the choice....

another box of food that has no taste let alone nutritional value. Most contain too much sodium and can be costly.

- **Formula Diets:** Formula Diets are weight loss plans that replace one or more meals with a liquid formula. Most formula diets contain a mix of protein, carbohydrates and usually a small amount of fats. Formula diets are usually sold as liquid or powder to be mixed with liquid. Although formula diets promote short-term weight loss, 90% of people regain the weight as soon as they stop using the formula.

- **Flexible Diets:** Some programs or books suggest monitoring fat only, calories only, or a combination of the two with the individual of making the choice of both the type and amount of food eaten. This flexible type of plan works well for most people. One drawback of this diet is some don't consider the total diet. For example, programs that monitor fat only often allow people to take unlimited amounts of excess calories from sugars and therefore don't lead to weight loss.

Schedule an appointment and get your new year started right!



THE DIFFERENT TYPES OF 'DIETS'

- **Prepackaged Diets:** These diets require you to buy pre-packaged meals. Such meals help you to limit your food intake. Where you have convenience, unfortunately you have no long-term success. There is no learning involved and what happens when you decide you just can't eat

CLIENT AND PHYSICIAN TESTIMONIALS

"In my practice of Cardiology and Lipidology, I have always counted on Nancy's skills in Nutrition and Exercise, and when my patients do see her, they lose weight, feel better and improve their lipids"

~ Dr. Tome Nascimento M.D
Mainland Heart Consultants

"I thought I was living a healthy life, eating right and getting all that I could out of my diet... and then I met Nancy. She took me to the next level and taught me how to have more energy, feel better and lose those last few pounds!"

~ Adrienne Soresi
Host "Better Living with Adrienne" NBC-40

"Nancy is able to help your mind as well as your body when it comes to losing weight. My eating lifestyle has changed forever because of her."

~ Ed Hitzel
Publisher/ Broadcaster

"Nancy understands the science and importance of an integrated exercise program and diet. She can help you make the connection between the energy your body takes in from the foods you eat, and the energy your body uses during daily activities. This is vital to a healthy lifestyle, whether you are trying to lose weight or simply maintain your current weight level."

~ LouAnn Evans

Nancy Adler C.F.T., S.S.N., S.S.C. Nancy is a certified nutritionist specializing in nutrition and weight control. She owns a nutrition consulting business in Linwood where she counsels people in making permanent healthier lifestyle changes. She currently holds three of the highest accredited certifications through I.S.S.A.: C.F.T. (Certified Fitness Trainer), S.S.N. (Specialist in Sports Nutrition), and S.S.C. (Specialist in Sports Conditioning). Nancy has competed in running events for charity. She often lectures groups about nutrition and wellness at women's organizations, schools, and professional establishments throughout the county. She may be heard on local radio and seen on television spreading the good word of health and fitness. You may read Nancy's thoughts on nutrition and fitness in the T.V Atlantic magazine weekly and in Ed Hitzel's Restaurant magazine.

You may also see Nancy on Television Friday mornings on "Better Living with Adrienne" on NBC-TV40 at 10:25 A.M. discussing health and nutrition topics.

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