



Is It True?



The information you read or hear about dietary supplements may be misleading.

If you think you need to take dietary supplements consult a nutritionist or your doctor first. Most important, eat a well balanced diet. Use the Food Guide Pyramid as a guide for your food choices and for the daily recommended number of servings.

The information you read or hear about weight-loss plans may be misleading.

The most effective way and healthiest way to lose weight and keep it off is to eat a variety of foods in reasonable amounts and include significant amounts of physical activity. Follow the recommendations of the Food Guide Pyramid and eat at least the minimum number of servings from each food group each day. Walk at least 30 minutes each day for most days of the week.

AND FINALLY – Don't become so desperate that it clouds your good judgement. Work with your doctor or contact a health care professional when you have questions or need to find solutions to your health problems..



UNIVERSITY OF ILLINOIS
EXTENSION
FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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