



# DiETING Hints



## Ways To Confirm That The Diet Is Working

(NAPSA)—As anyone who's ever set foot on a scale could tell you, there are plenty of ways to fight "the battle of the bulge." Still, maintaining overall health is of prime importance as you shed those unwanted pounds.

Here are some basic steps that should be a part of any healthful weight loss program:

- Drink plenty of water. Experts recommend dieters drink at least six glasses per day. Not only does the fluid help flush out the system, but it also helps you maintain a feeling of "fullness." Half of your daily fluid intake can be other beverages—as long as they contain no caffeine or alcohol, both of which dehydrate you. However, be sure to remember that most fruit juices are sweetened, and thus high in calories.

- Exercise. Diet alone is seldom enough. Most people experience a "plateau" on the way to their weight goal. During this plateau, the body's metabolism slows down, no matter how dedicated you remain to the diet. However, it is during this period that you may notice your stomach shrinking and clothes becoming looser as your body "reshapes" itself. Exercise, which boosts metabolism, is considered the best way to keep the pounds coming off.

- Portion control. It's more than just willpower. There's a visual connection between the amount of food on the plate and how quickly you feel satisfied. When the food is eaten, no matter how big the portion, the brain recognizes that the plate is empty—and sends the message to your stomach that you're "done." The more food on the plate, the more you're likely to eat.

- Confirming fat metabolism. Some people fail to lose weight despite their efforts. That's because they are not adhering to a diet program that allows their bod-



**People are more likely to stick to a diet and exercise regimen when they know it's working.**

ies to metabolize, or burn, enough stored fat. Fortunately, there's a new diagnostic tool that can determine if this is the case—so the dieter can take appropriate action.

THINZ MetaboSTIX, created by Alva-Amco Pharmacal Companies, Inc., is a non-invasive test strip that indicates the presence of a ketone compound, acetoacetic acid, in the urine. This ketone is present when the body is breaking down fat.

"Fat metabolism is the overriding objective for most individuals dieting for successful weight loss or overall fitness," according to Michael F. Reisner, vice president of marketing at Alva-Amco. "Confirming that fat is being metabolized every day boosts confidence in an individual's weight loss or fitness program."

THINZ MetaboSTIX is available at drug stores and supermarkets nationwide. To learn more, call 1-800-792-2582 or visit [www.alva-amco.com](http://www.alva-amco.com).