

NUTRITION NEWS

Are You On The Right Diet?

(NAPSA)—If you feel like you have tried every diet out there, but you just can't find the one that works for you, you have lots of company. What may come as a surprise to you and the many Americans who also feel like this, is that experts now point to a direct relationship between how busy your lifestyle is, and what kind of diet program you should be on.

If you have free time, then a diet that requires cooking, counting points, calories or carbohydrates could be perfect for your lifestyle. Bookstores are filled with all kinds of do-it-yourself diet books to help.

However, if you are busy, a diet that offers prepared foods might be a better choice. As a matter of fact, a recent study by Brown University found that dieters who used prepackaged meals lost 31 percent more weight in the first four months of the study than did those who simply tried to cut calories on their own.

A Simple Self-Test

Ask yourself the following questions to determine if a prepared-foods diet is right for you:

- How much time do I have to prepare meals each day?
- Do I often eat too much at one meal?
- Is my metabolism slowed down by an infrequent eating schedule?
- Am I confused about low carb vs. lowfat or good vs. bad carb diets?
- Have other, more complicated plans failed me?
- Am I hungry all day long?

If you answered yes to two or more of these questions, a prepared foods program such as the brand new Nourish by NutriSystem



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weight loss program, where you can order all of your favorite foods online or on the telephone, may work best for you.

“Our Nourish program was designed for the busy person who needs an easy way to lose weight,” said Dr. Jay Satz, executive vice president of NutriSystem research and development. “We are introducing 100 new delicious, healthy, good-carb foods that can be enjoyed at home, at the office or while traveling. The program takes the work out of weight loss by optimizing low glycemic index carbohydrates, fats, proteins and portion sizes for you.”

Free Weight Loss Counseling

To learn more about how to simplify your diet plans, visit www.nutrisystem.com or call 1-800-321-THIN for a free weight loss counseling session.