

# Potty Pointers

## 5 Common Diet Mistakes

With summer here, shorts, tank-tops and swimsuits come out. Many people will begin to restrict certain items in their diet to try and lose a few pounds, but beware of some all too common mistakes:

### 1. Eating the same way you did as a teenager.

Calorie requirements drop as we age so there is less room in the overall dietary intake for high-calorie, high-fat foods.

### 2. Keeping unhealthy snacks on hand.

It is hard to eat a healthy snack if all you have in your desk are things like M&M's and potato chips. Instead stock up on fruits, vegetables and small portions of nuts, which are easy to eat at your desk.

### 3. Underestimating the nutritional value of frozen foods.

Fill your freezer with vegetables and fruits instead of ice-cream and chicken nuggets. Even some frozen entrees can be healthy—just read the label.

### 4. Fasting or skipping meals.

This approach often backfires as most people consume more calories when they finally break their fast than they would have if they would have eaten normally. Start your day with a healthy breakfast and keep portions under control throughout the day.

### 5. Following fad diets and nutrition myths.

Fad diets do not promote lasting weight loss and they will not improve your health. There is no good research on combining certain foods or omitting certain foods. Follow the guidelines from [MyPyramid.gov](http://MyPyramid.gov).

Contact your County Cooperative Extension Agent for more information.

