Common dietary dilemmas
Lots of people work hard to eat well and stay healthy. But they may be tripping themselves up without even knowing it.

Here are some major diet no-no’s.

Don’t:

- **Skip meals** – Although all meals are important, breakfast is especially critical.

- **Skip food groups** – Diets that eliminate carbohydrates or other major food groups cause only short-term weight loss. The weight will come back.

- **Pile on the portion size** – Be aware of the amount of food you eat. Use a small, 9-inch plate for your meals.

- **Drink too many calories** – Choose water as your primary beverage, instead of sodas, power drinks, lattes and alcohol.

- **Classify foods as good or bad** – Instead, allow all foods in moderation.

Attitude is your ally

Don’t think of it as “going on a diet.” Instead, take small steps every day toward healthier eating. And if you want a cookie, eat it – just don’t eat 12 of them.