Thinking of going on a diet in the New Year? Think again.

Most diets result in ineffective, short-term weight loss and then quickly gaining back the pounds that were lost. Dieting disrupts normal eating, creates a preoccupation with food, can result in malnutrition, and can lead to eating disorders.

Instead, this year choose to eat well, live actively, and feel good about yourself and others. By eating well and being more physically active, excess weight will come off naturally. The key is to get more active. It takes time, but this is the healthy and lasting way to lose weight.

Eating normally typically includes three nutritious meals a day with breakfast being very important. Include one or two nutritious snacks to satisfy your hunger. Eat when you are hungry, and stop when you are satisfied.