

THE USA DIETARY GUIDELINES: DIETSMART

THE SMART APPROACH FOR PERMANENT WEIGHT LOSS & WELLNESS

KNOWLEDGE IS KEY FOR LONG TERM WEIGHT LOSS. LEARN HOW TO LOSE WEIGHT.

Diet books, plans and programs, gimmicks and gadgets, they all want you to believe they have the magic formula to weight loss. If that's true, why are we as a national trapped in a weight loss epidemic that includes children, teens and adults? Why do most people who lose weight gain it back, and not just once but over and over again? Let's get it straight once in for all, losing weight can be easy and fun at first, but continuing to lose weight after the first few week or months, **is what's difficult.**

That is, unless you've learned how to;

- **Identify the Problems:** set-backs, road blocks, diet traps, dietary habits & behaviors.
- **Calculate** Carbs, Proteins & Fats with the **U.S. Dietary Guidelines – DietMath**
- **Convert** **Calories to Grams** for accuracy in reading Labels – **DietSmart Math**
- **Monitor and manage** your Dietary Guidelines : **calories IN and calories OUT**
- **Follow** the DietSmart **Metabolic Principles** necessary for balancing hormonal functions.
- **Exercise:** is the powerhouse link for Cellular Metabolization = **Fat Burning.**
- **Navigate** a change in **lifestyle** for permanent weight loss and wellness.
- **Love** your body with **behavior modification** techniques, and enhance sexuality.
- **Identify** **Metabolic Hormones** that cause weight gain and fat loss: Insulin, Thyroxin, Cortisol, Leptin and Cholesterol, they must collaborate together for a healthy metabolism.

In 2005 the U.S. Department of Agriculture, and Health and Human Services released their "**NEW**" **Dietary Guidelines**. One of the major changes is the introduction of **Acceptable Macronutrient Distribution Ranges**. This is the new terminology use to describe the amount of Carbohydrates, Fats and Proteins that should be consumed on a daily. **DietSmart Math is the formula used to calculate your Daily Recommended Allowance for weight management and to sustain good health.**

Acceptable Macronutrient Distribution Ranges		The DietSmart Plan (DietMath)	
New USA Guidelines		Acceptable Weight Loss Ranges	
Carbohydrates	45 – 65%	Carbohydrates	55%
Fats	15 – 35%	Fats	15%
Proteins	30 – 40%	Proteins	30%

The new acceptable ranges have been broadened considerably in response to the growing recognition that single eating plans and programs do not work for everyone. Guidelines – NOT RULES.

The first step for long term weight loss is to learn how macronutrients and their acceptable distribution ranges are important for metabolic and hormonal functions. True improvements in weight loss and over-all health are accomplished through long-term lifestyle changes, and **understanding CALORIES**. After all, macronutrients are the only nutrients that supply's our body with calories. *DietSmartMath follows the US Guidelines for calculating your macronutrients, and for Calories IN & OUT. Learn how to lose weight, learn how to motivate yourself and change sabotaging thinking, and how to get yourself back on track with The DietSmart Plan. Become a DietSmart Clinical Study. Knowledge is Key to your success.*