FOR IMMEDIATE RELEASE
For more information, contact Holly Miner
Nutrition, Food Safety and Health Agent, Wildcat Extension District
haminer@ksu.edu, (620) 331-2690

New Year New Diet

A new year brings thoughts of a new diet for many people. Taking measures to become healthier
is a great way to start the new year. With the availability of information on the internet, it is
important to think about the source in which the information is gained and whether it is reliable.

There are a few quick and easy steps that should be considered before we jump into a new diet.
The same should be applied to a current diet and any new diet you may want to try. Does the
diet...

• Promote short term changes?
• Involve rapid weight loss?
• Have an absence of physical activity?
• Have missing food groups?
• Result in nutritional inadequacies?
• Have maintenance issues?
• Result in working against those with chronic diseases like heart disease or
diabetes?
• Go against recommendations for a healthy lifestyle and scientific evidence?

If you answered yes to any of these questions, you may want to reconsider your plans for using
the diet. A diet is not a quick fix for losing weight. A good diet helps you develop healthy habits
that will last for the rest of your life and allow you to lose weight slowly and maintain weight
loss.

For more information about nutrition, food safety or health, contact Holly Miner at
haminer@ksu.edu or call (620) 331-2690.

###

Kansas State University Agricultural Experiment Station and Cooperative Extension
Service. K-State Research and Extension is an equal opportunity provider and employer. Issued
in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of K-State Research and Extension, Kansas State University, County Extension Councils, Extension Districts.