

# Cutting Through the Confusion

## The truth about dieting.

Dieting should never be about deprivation or following fad diets. The most successful weight management happens over time when new good eating habits are adopted and become enjoyable habits which are sustainable for life

### 'Fat makes us fat'

Good/essential fats are a necessary part of a healthy diet; In fact good fats can help process and reduce bad fats in the body.



### Superfoods

All natural foods and ingredients without added preservatives and additives are superfoods in their own way. You don't need to buy expensive and exotic ingredients for a healthy diet.



### Supplements

When following a healthy diet you should be able to access most of your nutrients from your food, however in some instances they can be helpful. Vegans and vegetarians should supplement B12 and expectant mothers are encouraged to take folic acid. Whatever you decide to supplement, seek advice from a medical professional or nutritional therapist, and make sure the supplement are good quality.

