

The Diet Center of Winston-Salem can get you started on the path to weight loss

Are you overwhelmed trying to keep up with the latest news and studies in nutrition? Do you have a negative attitude about making changes to develop healthy eating habits?

The counselors at The Diet Center of Winston-Salem can help you focus less on what science has discovered most recently and instead, spend your time trying tasty, low-fat recipes and developing the healthy eating habits that will help you meet your weight loss goals.

Many people have the misconception that eating healthy is not enjoyable. According to a survey on Americans' attitudes towards food and health in the *Journal of American Dietetic Association*, the biggest problem that contributes to a negative attitude is that Americans feel that someone is always telling them what to eat. People may feel overwhelmed by the information, especially when there are conflicting findings. When people get confused or annoyed by studies, they may develop a negative attitude. Such a negative attitude can be reflected in an unhealthy, high fat diet that results in weight gain.

Despite conflicting scientific information, the consensus for healthy eating is consuming a low-fat diet with a variety of vegetables, fruits, whole

grains, legumes and lean meats.

Let the Diet Center show you how you can alter your diet to get to the size you want, without starving yourself or giving up some of the foods you love.

The counselors of the Diet Center can help you just as they helped Derrick Hinson of Walkertown to lose 21 lbs. and 4 percent of body fat.

"The Diet Center plan has been very workable with my busy schedule. My wife and I have been able to travel and eat out and still be successful on the program. We both feel

so much better and healthier after losing weight this spring.

"With Diet Center, I have learned a lifelong strategy for keeping my weight under control and eating foods I enjoy," said Hinson.

Give the Diet Center of Winston-Salem a call to schedule your free, no-obligation consultation at (336) 760-0433. You can also visit them online at www.DietCenterWinston.com.

The Diet Center is located at 511 Shepherd St. in the Executive Park area. Start your diet plan today and lose 20-25 pounds. You could look and feel like a whole new you.



Derrick Hinson, of Walkertown, has lost 21 lbs and 4 percent body fat thanks to the help of the Diet Center. Hinson, who is a pastor of King Community Church and also a teacher at Southwest Guilford High School, said the diet was able to conform to his busy schedule and provide a life-long strategy for healthy eating.