

Better Homes and Gardens Special Interest Publications

Diet

2008

**WE
DID
IT!**

**Before
& after
weight-loss
success
stories**

28 DAILY MENUS

**Tasty, low-fat
meals you'll love**

**10 tips to break
bad dieting habits**

LOW-CAL SNACK IDEAS

- Make with ease
- Grab and go
- Fast-food picks

**Burn 450 Calories with
This HOT NEW DANCE** p.132



"Make LIFE
your friend,
not food."

Sarah Ferguson, p. 42

**WALK
IT OFF!
40 ways to
slim down**

p.118

2008 Display until March 18, 2008



TV'S BIGGEST LOSERS WEIGH IN, p. 30



My daughter has been trying to lose a few pounds as she prepares for her upcoming wedding. The other day I made the cardinal mistake of offering some weight-loss advice. My comments were greeted by deafening silence, then tears as she said, "Mom, leave me alone. I'm doing fine."

What was I thinking? I know better. I realized early in my career as a consulting dietitian that you can't make anyone lose weight. The motivation to lose weight has to come from within a person.

In buying this magazine, you've made the resolution to shed pounds. To reinforce your personal determination, read the inspirational stories of people who share their weight-loss struggles and triumphs in "The Duchess of York's Weight Loss Journey," page 42, and "Keep It Off," page 62.

To get started, you'll find everything you need to lose weight in a healthful way in this issue of *Diet 2008*. To find a diet plan that works for you, review "Find the Best Diet for You," page 22, and for easy 1,500-calorie menus, turn to "Month of Meals," page 78. You'll also find exercise options, how to manage stress, and plenty of great-tasting, family-friendly recipes to keep you on track.

My advice to all well-wishers who worry about the weight of their loved ones: Feel free to share your overall concerns, but don't let weight become an issue in your relationship. When your family member or friend is ready to lose weight, hand over your well-used copy of this magazine and say, "This worked for me!"

I look forward to hearing about your weight-loss success!

Madhu

Madhu Gadhia
Editor, *Diet 2008*



This seal assures you that every recipe in *Diet 2008* has been tested in the Better Homes and Gardens® Test Kitchen. This means each recipe is practical and reliable, and meets our high standards of taste appeal.

Diet

2007

Break the
diet-binge
cycle!

LOSE 10 pounds!
One simple step

Is your diet
making you
PSYCHO? p.78

Behind the scenes at
TV's **BIGGEST LOSER**

**Real-life
weight-loss
success stories**

**When to start
dieting for
best results**

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LIVE WELL/BE FIT/EAT LIGHT/WHAT'S NEW



Losing weight is always a challenge, but after I turned 40 it took on a whole new meaning. I had to do something. So I followed my own advice: I cut back on snacks and made exercise a priority.

Before I became editor of *Diet* magazine, I worked as a dietitian for more than 20 years, counseling thousands of people on weight loss. My friends, neighbors, and even strangers would ask me about the latest fad diet. I found it hard to keep up with all the dieting trends. The majority of my "popular diet" information came from my clients. Typically they reported that a diet worked for a while, but then they gained back the weight they had lost.

As I reviewed each client's weight history and personalized a meal plan, she or he often asked, "What? Nothing new?" I would jokingly say, "I have no magic diet or pill. If I did, I'd be rich and retired." Some clients were disappointed, others were amused, but most were reassured that there's no easy way to lose weight.

Losing weight takes time and effort. Before you go on a weight-loss diet, see if you're mentally prepared by taking our quiz (see "Are You Ready to Lose Weight?" page 14). Next, evaluate potential diet programs to learn which one is right for you (see "Find the Best Diet for You," page 28). Picking the right program will save you a lot of time and anguish, and increase your chances of success.

Following a sound diet is just part of the weight-loss equation; the other part is exercise. Unfortunately the word exercise, like the word diet, has negative connotations. Both come with expectations and results. Call exercise by any name you like, but make sure you do something that keeps you physically active (see "You Can Get Fit!" page 124).

I walk regularly, and not just because it's good for me and helps me maintain weight. I walk because without some regular exercise I feel exhausted, overwhelmed, and grouchy. I'm convinced that exercise makes me feel better, happier, and more productive. Time or no time, tired or not, I walk at least 20 minutes most days. You, too, can find personal strength, motivation, and strategies to achieve and maintain a healthier weight and lifestyle. Good luck!

Madhu Madia

Editor, *Diet* magazine
madhu.gadia@meredith.com



Test Kitchen

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