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**FOR IMMEDIATE RELEASE**

## Attention Dieters: Keep your New Year's Resolutions!

*Simple steps to staying healthy and losing weight in the New Year!*

CALIFORNIA - So, what's the secret to keeping your diet goals this year? Melanie Jordan, Health Coach and author of *Have your Cheeseburger and Keep your Health Too!* says first off, "**Don't diet.** That's the worst thing you can do. Instead, make gradual lifestyle changes that you'll stick to." Part of these lifestyle changes is what Melanie calls primarily plant-based or NMP eating. The NMP style excludes meat and poultry but includes fish and other meat replacement items from manufacturers such as Boca™ or Gardenburger™.

"It's possible to enjoy the same things you would if you weren't dieting by making some simple changes to your menu," Cites Jordan. "These changes allow you to include things like cheeseburgers, chicken nuggets, ribs, and meatballs and still lose weight! Plus you'll put yourself in the best possible position to avoid deadly diseases that are often thought to be diet-related such as diabetes, heart disease, stroke, and cancer.

Utilize the following tips to help you stay healthy and reach your dieting goal!

1. Diets don't work! Remember that while fad diets and high protein programs might seem enticing, the best way to lose weight is by gradual lifestyle changes.
2. Fit the food to the person, not the person to the food! The problem with many diets is that they feature the kinds of things we wouldn't normally eat. This leaves people feeling deprived and deprivation is the leading cause of dieter drop-out.
3. Eat the comfort foods you love, but make them over into healthier versions.
4. Planned cheating is good! Appeal to your natural desire for "cheat time" by setting up assigned times to splurge.

*Melanie Jordan is a health coach, author and advocate of using plant-based proteins to turn all of our favorite foods into health foods. Her book *Have Your Cheeseburger and Keep Your Health Too!* shows people how it is possible to eat all their favorite comfort foods and still enjoy the benefits of a healthier lifestyle without a lot of sacrifice. Dr. Lori Hickson, M.D. offers the following comments on Melanie's book: "Her down-to-earth way of showing people how to adopt healthier eating habits with their favorite foods is a winner. I wish I could get more of my patients to adopt this kind of healthy eating style!" You can visit Melanie's web site at [www.healthyeatingcoach.com](http://www.healthyeatingcoach.com).*