

If You're Going To Diet, Be Sure To Supplement With Discount Vitamins

For many people, the word "diet" means cutting calories and giving up fattening foods; for others it is the adoption of certain eating habits, such as vegetarianism or veganism. Some people see a diet as a temporary change in eating habits in order to lose weight while others view it as a permanent lifestyle change either to live healthier or for moral beliefs. Whatever the reason an individual goes on a diet, it can be almost certain that the restrictions will cause nutritional deficiencies. Maintaining balanced nutrition is difficult enough under normal circumstances, but when certain foods are omitted from one's daily diet or the amount of nutrients consumed is limited, it is virtually impossible to get all of the vitamins, minerals, and other building blocks of life that are vital to everyday health. Discount vitamins can play an important role in maintaining vibrant health and can actually help in the weight loss process. The USDA has developed a food pyramid for people to use as an everyday guide to healthy eating. This pyramid is based on normal calorie consumption (2000 calories for women and 2500 calories for men) and is customized based on age and activity level. Dieters looking to lose weight must reduce their caloric intake by 500 calories per week in order to lose 1 pound per week or 1000 calories per week in order to lose 2 pounds per week. Limiting calories also limits the amount of nutrients the body receives. It's very difficult to follow the food pyramid recommendations and stay within the daily allotment of calories. Those who adopt diets that exclude certain food groups run into problems getting enough of the nutrients primarily found in those excluded foods. For instance, vegetarians often come up short on protein because of the exclusion of meat - a major source of protein - from their diets. It is important that anyone on a special diet, whether for weight loss or for lifestyle reasons, take measures ensure they are getting balanced nutrition to ensure good health. Using discount vitamins and supplements is an excellent way to maintain proper nutrition while on a diet. Discount vitamins are available to fill any number of voids in a person's diet. Multi-vitamins work well for achieving proper nutrition in general and filling in where daily eating habits are lacking. Many Americans do not get enough vegetables in their diet, which is a shame because they are an excellent source of vitamins A, C, and K. These individuals may want to use specific supplements in order to get enough of these vitamins. Iron is another popular supplement for those on low carbohydrate diets. Breakfast cereal, bread, and pasta are the most common sources of iron but these are the foods that are cut out in a low carb diet. All women of childbearing age need more iron than men and elderly women. As previously mentioned, vegetarians don't eat any meat. A vegan diet is one free of any animal products whatsoever, including eggs and dairy products. Vegans and vegetarians can benefit from the lean protein found in soy and pea protein supplements. These individuals are also often lacking in vitamins B-12 and D. Vegans in particular are at risk for not getting enough calcium, a nutrient commonly found in milk and other dairy products. Adequate calcium and vitamin D is important in the fight against osteoporosis. People who follow fad diets are also at risk for various deficiencies. Fad diets include such programs as Atkins diet, the infamous grapefruit diet, the cabbage soup diet, and most recently the Sonoran diet. These diets have been known to lead to weight loss, but they also promote certain food groups over others or promote excluding certain food groups altogether. To say that any one nutrient is more important than any other is simply impossible. Protein, carbohydrates, vitamins, and minerals all work together to keep our bodies functioning properly. Protein and amino acids are the body's building blocks (think muscle) while carbohydrates provide us with lots of energy. Vitamin C enhances the immune system and also serves as an antioxidant, helping fight the aging process. Vitamin E is also an antioxidant. Vitamin D and calcium work together for strong bones and teeth. Vitamin A is great for the vision and helps in building skeletal and soft tissues. Vitamin K helps blood clot on open wounds, saving us from bleeding to death. The benefits of supplementing with vitamin B are two-fold, especially for those trying to lose weight. Vitamin B plays a major role in cell growth and the production of red blood cells, promoting healthy skin and muscle tone and, thus, helping in the war against signs of aging. It is also vital to the metabolism, helping the body effectively convert food into energy. This conversion is how the body burns fat and causes a person to lose weight. Adequate nutrition and a balanced diet are what keep the body healthy and functioning at peak performance. When you think about the important role that each nutrient plays, it's frightening to think how any kind of deficiency can affect the body as a whole. Maintaining a healthy weight and/or adopting dietary habits based on values and moral beliefs is a good thing and something to be commended, but it is also important to ensure that the body is getting everything it needs. Incorporating discount vitamins into healthy living will enhance the benefits of healthy choices.

About the Author

Most people believe that in order to build noticeable muscle size, they have to devote many hours in the gym, 5 or 6 days a week for many years.

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