

## Sugar Busters Diet Plan

Sugar Busters Diet plan is based on the concept that weight loss can be achieved by reducing the intake of sugar. This diet plan was founded by three physicians and a CEO. In Sugar Busters Diet Plan, you will be replacing sugar and high starch carbohydrates with lean protein, whole grain carbohydrates and low starch vegetables and fruit along with a little healthy fat. You should get rid of all vegetables that have starch carbohydrates like carrots, corn and potatoes and also fruits like bananas which have high starch in it. You should also get rid of potato chips, cakes, candy bars, cookies, corn, beets, white bread and other similar starch carbohydrates rich foods. Sugar Buster Diet plan evolves on the concept that by reducing your intake of sugar your insulin levels will be balanced and this will help you to lose weight and also feel better at the same time. Though calorie counting is not important here, it is better to exercise portion control. Make sure your daily calorie intake is lesser than 1100. Also you should take in average six to eight glasses of water a day. Although in the long run the Sugars Busters Diet Plan may be difficult to follow, this diet will help you to achieve maximum fitness. The problem with this diet is that you have to avoid sugar and it will be difficult for sugar lovers. But sugar lovers can have natural sweet foods such as fruits (except bananas or high starch fruits) and dry fruits.

## About the Author

Yoga lays a great emphasis on a balanced wholefoods diet. It does not dissect the food into vitamins, minerals etc. Read more on this whole foods concept.

Source: <http://www.productsherbal.com>