

Let's Expose Some Popular Diet Myths

Are those extra inches round your waist leaving you sleepless? Has your last diet plan failed to solve your eternal problem - excess weight? Maybe you are not doing it right or expect results too fast. Losing weight can be difficult at times because of misconceptions about food and how the metabolism really works. Many foods that we think are low in calorie are really not. We eat what we think is right, unaware of the hidden fat and calories. Losing weight can seem impossible if you're not aware of hidden fat. In this brief article I am going to show you exactly what the truth really is, exposing some popular myths about losing weight and in the process advise on the best diet.

NO QUICK FORMULA TO WEIGHT LOSS If you think that by cutting down on food and with a six-week deadline, you can lose weight, you are completely mistaken. This practice is guaranteed to bring your metabolism to a screeching halt! Although, you may lose weight but it's all bound to return. You may feel nice after having lost some amount but eventually when it catches up, there are chances of your going into a major depression. Also, repeated weight cycling - losing and gaining frequently - is not advisable at all. The only proven way to lose weight and keep it off is by making permanent lifestyle changes. You must eat healthier, watch portion sizes and be active. Stick mainly to lean proteins, whole grains, nuts, seeds, fruits, and vegetables. Lots of water will also keep your appetite in check and prevent overeating.

EXERCISE NEEDN'T MAKE YOU HUNGRY Once you get used to exercising, you will stop craving for more food. So you needn't cut down on exercising. What's important is you should rehydrate yourself after exercise. Have lime water but without sugar. Before and after an exercise, have a fruit - it'll help you rebound back.

SKIPPING IMPORTANT VITAMINS AND MINERALS IS NO GOOD All this talks about not having carbohydrates with grains, or pulses with something else is hogwash. When you are having a meal, what matters is the total calorie count. Of course, the total calorie count will vary according to a person's needs but the ideal is 800-1200 calories per day. The best way to get this is to have two fruits, two servings (half a cup) of pulses, plenty of vegetables (can be cooked or boiled) during the day. The rest of the food can be adjusted according to the requirement of calories. Sugar should be strictly avoided. Daily products can be used but it should be according to one's need. Don't forget to include soyabean at least in one meal during the day. Avoid processed food, instead go for whole food.

OLIVE OIL HAS NO CALORIES That's because it has the same amount of calories as any other refined oil. But it's definitely very healthy. So cook your food in olive oil but don't use more than 1-2 teaspoon. It has been demonstrated that the addition of olive oil to a diet that is not changed in any other way has a lowering effect on blood pressure.

LEMON JUICE AND HOT WATER - DON'T FIGHT THE BULGE In fact, the honey that you use in it to sweeten it is fattening. All this concoction does is give you that extra vitamin C.

CARRY ON WITH SALT Many people believe that by avoiding salt they can cut down on their calories. Apart from reducing water content in the body (good for people suffering from water retention), a no salt diet doesn't bring down your calories. Remember diet has to be a way of life, and not a one-time affair. So go ahead and get the right diet.

About the Author

Zone diet delivery service, zone diet meal, zone diet food, zone diet, dotties.

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