

## Big &quot;Buts&quot; Sabotage Weight Loss, Health and Fitness(Part 6 Of 12)

“Yeah, But I Eat in Moderation” You have always been told that you can eat anything, anything at all, as long as it is in moderation. The problem is: what is the definition of moderation as it relates to food? Most of us just don’t know even though we think we do. Our perception of moderation may be eating meat once a day instead of three times a day; eating pizza three times a week instead of once a day; drinking two cups of coffee instead of six cups; eating a quick burger and fries only twice a week instead of three times a week; or indulging in candy, desserts, pastries, or chips only every other day instead of every day. On the other hand, we tend to eat way less than a moderate amount of fresh fruits and vegetables a day. Do you eat at least 5 to 10 pieces of fruit a day? Do you eat at least one large, green-leafy, vegetable salad a day? In this land of plenty, most of us may honestly think we are eating food in moderation, but in fact we are eating way too much food. Even more significantly, we are eating way too much of the wrong foods—foods that don’t feed us, but deplete us—and way too little of the good-for-you foods. If you don’t doubt that our moderation barometer is a skewed, just look around for proof. If we truly ate in the right foods in moderation, then our weight would also be moderate. Too much of the wrong foods equals too much weight. The right quantities of the right foods equal the right weight and better health. So if your “yeah, but” is that you already eat in moderation, make sure moderation means lots of fresh, whole fruits and vegetables a day and very little not-so-good-for-you foods, like meat, dairy products, white sugar and white flour goodies, added oils, processed foods, fast foods, and junk foods and junk drinks, including coffee and pop.

### About the Author

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