

THE THREE BASIC DIETS: AN INTRODUCTION

There are three basic ways to diet: Reduced Carbs, Reduced Fats, and Reduced Calories. Learn a little about the three basic diets, decide which one you can adopt as a permanent lifestyle, and stick with it.

There are three basic ways to diet: Reduced Carbs, Reduced Fats, and Reduced Calories. Learn a little about the three basic diets, decide which one you can adopt as a permanent lifestyle, and stick with it.

Losing weight isn't mysterious. You must eat fewer calories than you burn each day. Find your favorite combination of modest eating and regular, vigorous exercise then stick with it. (Remember: muscles burn up many more calories than fat tissue, so the cumulative effects of exercise are much more important than the calories burned during a single session. When your muscles are stronger, you will burn fat 24 hours a day.)

People who stick with low-carb diets have the highest long-term success rates - but the choice is yours. Take your time, experiment with all three if you like, and then choose the one that you can live with forever. Not for a few weeks, not for a few months, FOREVER. Why? Because if you ever go back to the way you are eating today, you will regain whatever you have lost. Maybe more.

Don't worry – you don't need to know anything complicated about proteins, fats, or carbohydrates; you just need to know which foods are rich in them and which aren't. A few examples: bread – white or whole wheat - gets calories mainly from carbohydrates. Tuna canned in water is almost pure protein. On the other hand, steak gets its calories mainly from... fat. A juicy sirloin is two-thirds fat and one-third protein. Olive oil is pure fat. An apple is almost pure carbohydrate. If you want to look up the contents of individual foods, here is a helpful link:

<http://www.brianmac.co.uk/food.htm>

The site is primitive but easy to use. If you want more data, go to the site hosted by the US Department of Agriculture: Here you can download and save a PDF file that has all the information you will ever need about the composition of food:

http://www.nal.usda.gov/fnic/foodcomp/Data/HG72/hg72_2002.pdf

© 2012 Virtual Wellness, Inc. All rights reserved.