

## LOW CALORIE DIETS

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Low Cal dieting has a simple philosophy. Eat whatever you like, as long as you eat less calories than you burn up. This way, you can have your favorite foods and lose weight, too. The problem is that this approach almost never works. Do you know anyone who has ever lost a significant amount of weight and kept it off by simply cutting back on calories? No one ever has, unless you want to count the Chilean miners who were trapped a half-mile underground for 70 days.

When people base a low-cal diet around foods they like, they don't reserve enough calories for good nutrition. And most low-cal diets do not control blood sugar properly, so they leave people hungry all the time. You can live with hunger for a week or a month, but not for a lifetime.

There is one simple way to make a low-cal diet work: be patient and disciplined. First, be sure that you maintain good nutrition. Eat healthy foods every day – fruits and vegetables, proteins and healthy fats. Also, eat enough so that you don't lose more than a pound or two each month. This way you will rarely be hungry. You will lose weight very slowly – ten to twenty pounds a year – but you will never gain it back.

The problem with low-calorie diets is that few people know enough about nutrition to eat properly while restricting calories, and even fewer can spend the rest of their life feeling hungry. This is why the failure rate is so high.

Low calorie diets don't sell many books so a search of Amazon may not help you. A better idea is to simply Google "low calorie diet plan". You will find sites that specialize in low calorie diets. If you can afford it, try one that is medically supervised – low calorie diets can be dangerous if you restrict calories too severely.

You may have noticed that there are no links on this page. That isn't an oversight. We do not recommend low-calorie diets.