



DIETARY CHANGES THAT YIELD RESULTS

Eating healthy is vital to overcoming obesity. There are a number of different dietary strategies to choose from, all of which can help you reach your goal weight. Slow and steady weight loss of 1 or 2 pounds a week is your best bet because it will help you keep the weight off permanently. When you adopt an overall healthier diet, rather than crash dieting, you're more likely to stick with it and reap the long term benefits.

Adopt a healthy diet. Healthy eating is not about strict nutrition philosophies or depriving yourself of the foods you love. It's about keeping your body as healthy as possible by eating nutritious foods and practicing portion control. It is impossible to change your diet habits overnight, so instead, make changes to here and there over time. A good place to start is by replacing your junk food cabinet with healthy snack options. Then slowly work nutritious foods into bigger meals.

Reduce your calorie intake. The key to weight loss is reducing your calorie consumption. Review your typical eating and drinking habits to see how many calories you consume on average then decide where you can cut back.

Satisfy your hunger. The secret to satisfying your hunger without sacrificing your body is to choose foods with a low energy density. Energy density refers to the amount of calories in a specific portion of food. Some types of low energy density foods include fruits, vegetables, legumes, and cooked grains. By choosing low energy density foods, you are able to enjoy larger, more satisfying portions and to lose weight without feeling hungry.

Try a liquid diet. Liquid diets are meant to provide rapid weight loss over a short time period. Ask your physician if a liquid diet is a healthy option for your individual case because you will need to be monitored closely by a health care physician to avoid complications.

Opt for meal replacements. Meal replacement plans suggest that you replace one or two meals with their products, which usually consist of low-calorie shakes or meal bars. For your third meal, they suggest that you to choose a healthy, balanced meal that is low in fat and calories. In the short term, this type of diet can help you lose weight.

DON'T FORGET TO STRETCH!