

The Diet Roller Coaster. Are You On It?

If you have made a decision that you are carrying around too much excess body fat, the first thing to start thinking about is changing your eating habits and exercising- not finding the newest, fad diet to help you lose 20 pounds in 10 days!! The dieting syndrome affects approximately 70% of adolescent women and approximately 40% of men. The first time dieter usually will begin very innocently and eventually snowball into an unhealthy cycle of starve and gorge. Having a well balanced, 5-meal a day plan will help you lose excess body fat, feel better about yourself and not deplete your wallet.



Many Americans are in the habit of jumping on the dieting roller coaster that takes you on the upward ride of your life but on the plummet, leaves you feeling pretty sick to your stomach. Do you know this feeling? It begins with depleting your body by starvation, obtaining temporary weight loss and ultimately gaining the weight back, plus a little extra. The final results: decreased self esteem. This cycle is the reason why so many people wind up with eating disorders. Of course, the kind of weight that is lost during these types of diets is not always body fat, but more often, lean muscle tissue. It is not realistic to starve or begin extreme dieting for true fat loss. Many people choose to diet to get the excess fat off but ideally if one could make just a few lifestyle changes- the fat will reduce and usually stay off forever!!

Here are some tips to help you lose body fat and get off the dieting roller coaster:

1. Never say you are on a diet- You are on a well-balanced eating plan.
2. Eat breakfast consisting of a good source of protein & one serving of carbohydrates.
3. Eat every 3-4 hours. Skipping meals can slow down your metabolism.
4. Stay away from high fat dairy products - cheese, whole milk, sour cream and yogurts.
5. Watch your carbohydrate intake. This is where you will most likely get into trouble.
6. Never eat sugar before going to bed.
7. Drink 80 ounces or more of water daily.
8. Stay away from fried foods.

Most people have developed bad eating habits from childhood. Unfortunately, our parents did not always instill good habits upon us; therefore, many of us are still suffering today. Do you remember butter always being on the table, sugar cereals in the cabinet and packaged foods in the refrigerator? If so, you are not alone. Take a look at your habits and find ways where you can cut back and make some real lifestyle changes. These changes will give you long lasting results. No more roller coaster dieting. Begin to recognize your obstacles and overcome them. Gain the support from friends and family and obtain the results you want.