

FEATURES OF A GOOD WEIGHT LOSS DIET

From WEIGHT CONTROL – U.S. Edition by Vince Antonetti, PhD
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To millions of people losing weight has become not only a aspiration but almost a way of life. The fact that so many have found it difficult to realize their goal has fostered a flood of fad-diet books.

Some of the fad diets insist that it's not how much you eat but the combination of foods, or the type of food you eat that's important. Many exclude forbidden (but often nutritious and reasonably low calorie) foods. Others are big on motivation and offer hand-holding emotional support but little else.

In fact, almost all published diet books are devoid of hard facts, real data, analysis and insight.

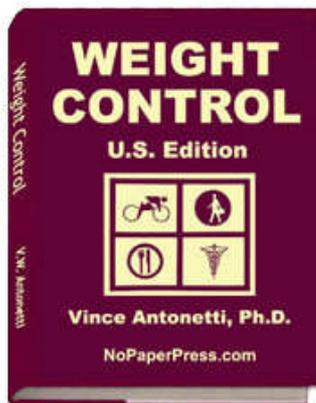
Every good weight-loss diet should have the following three characteristics:

- 1. A good diet must provide you with an understanding of weight control as well as the knowledge you need to lose weight.**
- 2. A good diet must help you remain healthy while you are losing weight.**
- 3. A good diet must lead you to a healthier way of eating and exercising that will, in the long term, help you keep off the weight you have lost.**

The weight-loss diets featured in most NoPaperPress eBooks are so-called "balanced diets" i.e., diets that are not only low calorie and reasonably low in fat, but also nutritionally balanced.

Knowledge is Required for Long-Term Success

Long-term success is not about finding the “right” diet. It’s about developing both an understanding and a plan that will result in healthier eating and physical activity habits. Without a doubt identifying the behaviors that have contributed to your eating more calories than your body needs is important, very important. But assuming you are successful in determining why you overeat, what do you do next?



The truth is that weight control, although a relatively complex issue, is governed by a set of logical, scientific principles, and the acceptance and understanding of these principles – augmented of course by desire and self-discipline – can lead you to sure and lasting weight control. Most health professional agree that losing weight sensibly and safely requires a multifaceted approach that includes setting reasonable weight-loss goals, changing eating habits, and getting

adequate exercise.

The desire to lose weight and the discipline to start and stay on a weight-control program are crucial. But along with desire and discipline, it is our belief that **only an in-depth understanding of weight control, nutrition and exercise will lead to long-term success.** As is true with many complex subjects, to achieve you need more than rules – you need information and a solid grasp of the subject.

For a complete weight control discussion, and a through understanding and the guidance you need to succeed in the long term I recommend an eBook I authored, “*Weight Control - U.S. Edition*” published by NoPaperPress.com.

Begin with a Medical Exam

Before you begin a weight loss program you should know where you stand, i.e., your current health status. Assessing your current status in areas such as cardio (aerobic) capacity, body-fat, and even how appropriate your nutritional practices are, will help you establish what you should emphasize in your

weight control program and help you set goals. For a comprehensive health self assessment I again refer you to "*Weight Control - U.S. Edition.*"

Everyone should at the very least have a medical assessment, or exam, before starting a weight loss diet. Why? You need to make sure your health will allow you to lower your caloric intake and increase your physical activity. The medical checkup may be as simple as a visit to a physician who is familiar with your medical history, or it may be a thorough physical exam.

The physician conducting the medical exam should be made aware of and should approve the specific weight loss diet you're planning. Additionally, if you are going to engage in some sort of physical activity in conjunction with a diet and especially if you have been totally inactive, or if you have or suspect you have cardiovascular disease or other health problems, or if you are obese, or if you are 40 or older, before embarking on the physical fitness portion of your weight control program you should have a stress test supervised by a physician.

Which Diet Calorie Level Should You Choose?

Let's consider four diet calorie levels: a 900-Calorie diet, a 1,200-Calorie diet, a 1,500-Calorie diet and a 1,800-Calorie diet. Which diet calorie level should you choose?

- **900-Calorie Diet:** Because it is difficult to get all the nutrition one needs at such a low calorie level, most nutritionists do not recommend a 900-Calorie diet.
- **1,200-Calorie Diet** is appropriate for smaller women, older women and inactive women.
- **1,500-Calorie Diet** is suitable for larger women, younger women, active women, smaller men, older men and inactive men.
- **1,800-Calorie Diet** should be selected by larger men, younger men and active men.

How Much Weight Will You Lose in 30 Days?

Adults on any weight-loss diet invariably want to know how much weight they will lose – and how fast. Weight loss occurs when your food energy intake is less than the total energy you expend. This difference in calories is referred to as your calorie deficit.

How much weight you lose depends on the magnitude of your calorie deficit. Physiologists have long known that to lose one pound requires a deficit of approximately 3,500 Calories. Therefore, if a person's total calorie deficit over time is known, their weight loss over time can be calculated as follows:

The average 40 year-old U.S. male, is approximately 5' 10" and 185 lbs, is only moderately active, and consumes about 3,000 Calories per day. (In other words, this average man is eating about 3,000 Calories per day to maintain his weight at 185 lbs, that is to neither gain nor lose weight.)

Now, if this statistically average man goes on a 1,500 Calorie reducing diet, his daily calorie deficit would be $3,000 - 1,500 = 1,500$ Calories. In 30-days, therefore, our average male's deficit would be $1,500 \text{ Calories per day} \times 30 \text{ days} = 45,000$ Calories, and he should lose $45,000 / 3,500$, or almost 13 pounds. If instead our average man selected the 1,800 Calorie diet, he would only lose about 10 pounds in 30 days.

Moreover, at the start of any diet there is also considerable water loss. When this water loss is accounted for, **in 30 Days most men will lose 15 to 20 pounds** – depending on whether they select the 1,800 or 1,500 Calorie diet. Smaller men, older men and less active men will lose a bit less and larger men, younger men and more active men somewhat more.

The average 40 year-old U.S. female, is about 5' 5" and 165 lbs, is relatively inactive, and consumes about 2,450 Calories per day. (In other words, this average woman is eating about 2,450 Calories per day to maintain her weight at 165 lbs, that is to neither gain nor lose weight.)

Now, if this statistically average woman goes on a 1,200 Calorie reducing diet, her daily calorie deficit would be $2,450 - 1,200 = 1,250$ Calories. Recall that a deficit of 3,500 Calories

results in a weight loss of one pound. In 30-days, therefore, our average female's deficit would be 1,250 Calories per day x 30 days = 37,500 Calories, and she should lose 37,500 / 3,500, or almost 11 pounds. If instead our average woman selected the 1,500 Calorie diet, she would only lose about eight pounds in 30 days.

Moreover, at the start of any diet there is also considerable water loss. When this water loss is accounted for, **in 30 Days most women will lose 10 to 15 pounds** – depending on whether they choose the 1,500 or 1,200 Calorie diet. Smaller women, older women and less active women will lose a bit less and larger women, younger women and more active women somewhat more.

Exactly how much weight you will lose is a bit more complicated and depends on how much you weigh, your age and your activity level. Again, for the full story see my eBook *"Weight Control - U.S. Edition."*

Lose Weight Even Faster - Exercise

Our bodies are just not built to be immobile and passive. The sad fact, however, is that after years of education and information programs by government agencies, medical associations and insurance companies, relatively few Americans engage in regular planned exercise – despite the reality that we need to be active to keep our systems working efficiently and rid ourselves of emotional tension. Moreover, exercise burns calories, speeds up your metabolism and is an invaluable part of any weight control program.

There are two ways to become more physically active: 1) Increase the physical activity in your daily life; and 2) Start on a regular exercise program. Better still would be a combination of both. Again, for the full story see *Weight Control - U.S. Edition* by Vincent W. Antonetti, Ph.D.

The preceding excerpt is from:

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