

Healthy Dieting

Contributed by Maurice Petersen
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Dieting is a part of many people's everyday lives. However, diet can sometimes be very unhealthy if you make poor decisions simply to lose weight. Dieting can be healthy and effective or bad for your body, so it is crucial that you learn the difference between dieting in a healthy way and dieting in an unhealthy way. The foods you choose should help your body not hurt it.

The first step to choosing a diet that works for you is to know your specific needs. What junk foods do you crave? What food groups do you not eat in high enough amounts? Are you trying to lose weight or gain muscle? All of these things play a factor when you are trying to pick the perfect diet for you.

What you can do is immediately disregard any diet that says you have to eat only a single certain food. This is not healthy for your body, as there is no one food that can provide all of the nutrients we need for daily life. Diets that ask you to cut out an entire food group are probably also not healthy. It's ok, for example, to cut back on carbohydrates, but there are certain carbohydrates that are good for your body and that you need to stay healthy. The very best diets will require you to eat foods from all of the main food groups and stay away from processed foods and foods low in nutrients

Another component to healthy dieting is your beverage intake. Any diet should include at least 8 glasses of water every day in your food and your drinks. Protein shakes and energy drinks can work well for a diet too, but remember that these should not be your sole form of ingesting nutrients. Again, look for balance. Remember too that on hot days you'll need to drink more water, and beverages with alcohol can cause you to become dehydrated as well.

Along with healthy dieting comes healthy amounts of exercise of course. Be wary of any diet that says you can lose weight quickly without exercising. Even with cardio workouts and weight lifting, it is unhealthy to lose weight too fast. In any case, exercise should be a supplement to your diet, and you need to be eating enough nutrients to sustain the amount of exercise you are doing. For example, if you are running or lifting more weights than normal, it is ok to have more meals, snacks, or larger portions. Also remember that this requires you to drink additional water.

Healthy diets can truly help you to burn fat and gain muscle. However, be careful that your dieting is always what is best for your body. See a doctor before beginning any new diet.

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