

## **HOW TO DIET**

The word diet conjures up all sorts of visions, restricted food choices, no chocolate, no wine, rarely eating out, keeping a food diary, counting calories, and more. But it doesn't have to be like that.

### **Portion Size**

The secret to successful weight loss is to understand portion size and what has happened in the last couple of decades.

Gradually over time portion sizes have crept up and up and now they are almost giant size. Plus the majority of people don't exercise enough to use up this extra energy.

A portion of meat, chicken, hamburger patty or a chop should be the size of the palm of your hand. A portion of fish is the size of the palm plus fingers. A portion of vegetables is about half a cup and a piece of fruit the size of a tennis ball. You can eat an unlimited amount of green, leafy vegetables. Half a cup is the portion for cooked pasta, rice, macaroni, cooked beans, etc.

### **Energy In**

Unlike the petrol tank in your car that overflows on the ground once it is full, your body will absorb the extra food and store it for later. By comparison, if you under eat and don't provide your body with enough food, it will draw from its stocks, and the amount of fat being carried on your body will reduce.

### **Energy Out**

The only way to lose weight is to eat less than the amount of kilojoules or calories our body uses each day. It is not rocket science; it is common sense.

Don't start your new regime if you know you are going on holiday or you have family coming to visit, chances are it won't work. Choose a time when you can give it your best shot.

## **Why Does Fast Food Seem So Good?**

Well the first thing is it's fast. When you're away from home and you're hungry there is usually a fast food outlet within each reach.

Second, the food contains quite a lot of sugar and fat and both of these are appealing to the taste buds.

Third, food is usually cooked on the premises so the smell wafts out from the store, attacks your senses of smell and taste and it's particularly difficult to ignore them, especially if you're hungry.

Fast food is so good because it is right there in front of you and all you have to do is pay for it and consume it. No forward planning; purchasing ingredients and cooking; just buy and eat.

## **Breaking the Habit – What's the Alternative**

Keep the cupboard and the fridge stocked with stuff that can be cooked quickly. Eggs are a good stand-by and buy good quality sausages and beef burgers, as these are just as quick and easy to cook. You could have a supply of these foods already cooked and in the fridge.

Get creative about food you can cook fast; there's rice, chicken breasts, cans of vegetables to heat and fish.

## **Hidden Calories in Liquid**

Soft drinks and soda are full of sugar and many of them are high in kilojoules/calories, they have very little nutritional value and do not make a worthwhile contribution to your overall health. Sizes of containers have increased.

Wine and other alcohol portions have also increased significantly with the average wine glass holding two to three standard drinks. So you may only think you have had "two glasses" of wine when in reality you have had between four and six standard drinks.

If you would like to know more about how to diet without really dieting, send an email to [barb@barbclews.com](mailto:barb@barbclews.com) it could save your life.

## **About the Author:**

Barb is a successful business writer/editor/communicator. She writes in plain language and believes material for print and the web should be clear, concise and user-friendly. Please visit her website at [www.barbclews.com](http://www.barbclews.com) to find out more.