

## Diet For Weight Loss

Some popular beliefs attached to weight loss have been shown to either have less effect on weight loss than commonly believed or are actively unhealthy. According to Harvard Health, the idea of **metabolic rate** being the "**key to weight**" is "part truth and part myth" as while metabolism does affect weight loss, external forces such as diet and exercise have an equal effect. They also commented that the idea of changing one's rate of metabolism is under debate. Diet plans in fitness magazines are also often believed to be effective but may actually be harmful by limiting the daily intake of important **calories and nutrients** which can be detrimental depending on the person and are even capable of driving individuals away from weight loss.



## **Steps to Loss Weight in Weeks**

### **Eat a big breakfast**

There is no meal as significant as breakfast. Do not skip it at all. A big breakfast in the morning would jump-start your metabolism which is significant for burning **calories** throughout the day. Apart from your choice of healthy breakfast cereal and juices, egg whites would be an excellent option as it is loaded with proteins. These proteins are going to give you the energy you need to workout.

### **Count your calories**

Calories are one of the most important determinants for short-term weight loss plans. Reduce your calories in such a manner that you get the necessary nutrition from your meals with as low a calorie count as possible. If you consume 3500 calories in a day, even reducing your daily calorie count by 700 would help you lose almost half kilogram of weight every day.

### **Drink water religiously**



Water provides the key for the perfect execution of your plan to lose weight. Not only does water help in boosting your metabolism, it also clears your system of all the toxins. Water would keep you hydrated and energetic in order to complete your workouts. You should at least drink 8 glasses of water every day.

### **Avoid carbs and eat your fruits**

Carbohydrates are essential for your body. But once you consume extra carbs, they are not used right away by the body but they are rather stored as fat for long term storage of energy. Avoid carbs as much as possible. The less carbs you eat, the less fat would be stored after all. Also, eat a piece of fruit before every meal as that would fill up your stomach and help you curb the size of your meal.

### **Say Goodbye to Carbohydrates**



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The heavily processed foods are full of refined carbohydrates including white rice, bread, and pasta. These food items are easily digestible and help in converting to glucose resulting in the provocation of the hormone insulin. Cutting down carbs lowers the insulin level causing kidneys to remove that extra sodium and water thereby reducing bloating and unnecessary water weight. Switch to whole-grain rice, bread, and pasta and see the difference! Doing this will help you lose weight without feeling hungry.

### **Increasing intake of protein, fat, and vegetables**

Every meal you take should comprise of a protein source, fat source, and low carb vegetables. Planning your meal in this manner will bring down your carb intake to around 20–50 grams

per day. Good choices for high-protein include--meat, fish and seafood, eggs, and plant-based proteins.



A diet containing protein sources and vegetables increases the feeling of fullness, potentially leading to weight loss. Include these veggies in your diet--broccoli, cauliflower, spinach, tomatoes, kale, Brussels sprouts, cabbage, lettuce, and cucumber.