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Impair Healthy Healing In People Over The Age Of 30!

Weight Loss Diets – A Review Of 4 Popular Diets

By Michael Aldridge

There are a number of diets available, but here I review four which are popular at the moment.

1000 calorie diet

Trying the 1000 calorie diet is only advisable for one week, due to your body entering starvation mode and conserving fat. Overdoing the 1000 calorie diet is counterproductive to your body so try to stay on it for only 1 week. After 1 week you will loose between 3–5 pounds. The 1000 calorie diet can be used as a starter diet for a long term weight loss program. Try to aim for 2–3 pounds of weight loss and a good exercise program to begin with. After 1 week on the 1000 calorie diet, try upping your calorie intake or reverting back to a not so severe diet, this will prevent your body's metabolism from slowing down. Here is a simple 1000 calorie daily menu.

Breakfast

- Banana sandwich made with 2 slices of wholemeal bread and a small banana.
- Small glass of orange juice

Snack

- 1 pot of low fat yoghurt (preferably fruit)

Lunch

- 1 wholemeal roll filled with tuna and low fat mayonnaise (use tin tuna in spring water)
- Mixed lettuce salad, red or yellow sweet peppers, spring onions

Snack

- 1 bag of lower fat crisps

Dinner

- Roast chicken breast (without skin)
- Potatoes, mashed with 30ml semi-skimmed milk
- Broccoli (all vegetables steamed or boiled)

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- Carrots
- Gravy (made from granules)

Evening

- 1 low calorie hot chocolate drink made with powder and water

Drinks throughout the day

- Diet coke, water, black coffee or tea without sugar

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Vegetarian Diet

A well balanced vegetarian diet provides many benefits for the body. Some of those benefits include a reduced risk of chronic diseases, such as:

- Obesity
- Coronary artery disease
- Hypertension
- High blood pressure
- Diabetes
- Some types of cancer and more...

Your vegetarian diet, must be planned well. If not your body could end up in need of some vital nutrients. Some of these nutrients essential for the body are:

- Protein
- Minerals (zinc, calcium, iron)
- Vitamin b12
- Vitamin d

Protein sources include, tofu and other soy–based products, legumes, seeds, nuts, grains, and vegetables

Experts say that in order for a balanced vegetarian diet, you should eat nuts and whole grain cereals for good sources amino acids.

Greens such as spinach, kale and broccoli are a good source of calcium.

For sources of vitamin b12 which comes from animals, can be substituted with fortified breakfast cereals and fortified soy drinks.

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Sources of iron are red meats, liver and egg yolks which are all high in cholesterol. Spinach, dried beans and dried fruits are all good vegetarian sources of iron.

A vegetarian diet is healthier than a meat diet. However this does not mean that you have the right to stuff your face with crisps, chocolate and chips everyday. Your balanced diet should include all of the above, i.e. Fruit, vegetables, nuts, dairy produce and soy. Below is a table of some calorie controls in a vegetarian diet:

Food Group	1200 Calorie	1500 Calorie	1800 Calorie
Vegetables	5 servings	6 servings	8 servings
Fruits	3 servings	3 servings	5 servings
Grains	2 servings	3 servings	4 servings
Dairy	2 servings	2–3 servings	2–3 servings
Beans, Nuts and Seeds	5oz	6oz	7oz
Total Fat	30–35g	40–50g	50–60g

You can find a massive range of diets on the internet free of charge! A vegetarian diet is an all round healthier option, and can go a long way to helping you on the road to losing weight.

Abs Diet

The Abs Diet works on the theory that every 1lb of muscle gained, your body internally burns an extra 50 calories per day. So if you can build an extra 10lb of muscle your body will then burn an extra 500 calories per day. Using the Abs Diet your body will burn more energy by eating the correct foods and exercising the correct way. Losing 500 calories per day will lose you 1lb of weight per week. Expect to lose up to 12lb in the first two weeks followed by 5–8lb in the following two

The Abs Diet allows you to eat 6 meals per day which consist of 12 power foods, such as: chicken, turkey and other lean meat, olive oil, beans and pulses, almonds, low fat dairy products, green vegetables, oats, eggs, wholegrain bread, whole grain cereals, berries, and protein powder. All other food is not allowed.

For 6 weeks you will eat a series of 12 power foods, which provide the body with all the fibre and minerals you need to stay healthy and build muscle. Along with the diet you will do a 20 min workout three times per week, which will aid in the fat burning.

The Abs diet is mainly aimed at men, however women are encouraged to participate. The range of foods you can eat is still good and you do get an exercise program out of it. Also some very good looking Abs, health and sex life. The full diet book is: The Abs Diet by David Zinczenko from all good on-line book stores.

The Kellogg's Cereal Diet

One of the simplest diets around at the moment is the Kellogg's Cereal Diet. It is not a crash weight

loss diet which will loose you pounds upon pounds; however it will allow you to get into those jeans that are 1 size to small.

To start the Kellogg's Diet all you have to do is, eat one bowl of Kellogg's Special K or Cornflakes for breakfast, and also one for a replacement lunch or dinner. That's all! Carry this on for two weeks then you will see the results. Expect to loose around 3–6lb.

Whist on your diet, Kellogg's allow you to have the same drinks and snacks as you usually would, but recommend that you eat a well balanced meal every day, with more fruit and vegetables. Another tip from Kellogg's, is to keep a food diary to monitor and keep you aware of your current eating habits.

Article supplied by Michael Aldridge.

For a complete and extensive guide to losing weight, please visit our web site at

Diets, Diets, Diets...Do They Work?

By Mike Yeager

Almost everyone has attempted to follow diets and weight loss programs at some time in their lives. The trouble with so many diets and low fat diets is that they are hard to follow. Some diets leave you hungry and craving food all the time. A healthy diet is one that you feel good about following and encourages you to eat in a healthy way while at the same time reducing the overall calorie content.

When choosing from among the many diets available, keep in mind what your reason is for altering your eating and exercise habits. Do you want to feel better and have some more energy? Are you tired of not fitting into your clothes and that has caused you to consider one of the weight loss diets? Experts agree that it's not good to try and loose excess weight in a quick manner. It's better to take your time and incorporate a package of exercise, proper nutrition and, in general, balance.

As with all new diets, weight loss and exercise plans, it's always best to consult with your physician and have a complete physical examination before starting.

There are many different diets products to choose from. Choose from only the best providers of coral calcium products that offer great prices. That way you'll be guaranteed quality and they can even be shipped right to your door.

Mike Yeager
Publisher

Diets, Diets, Diets...Do They Work?
Do Low Carbohydrate Diets Lead to Weight Loss Success?
Overweight Gurus
Fad Diets & Weight Loss
Weight Loss Diets with Negative Calorie Foods

101 tips to stay fit and live longer.
Obesity and Weight Loss
30–Day Low Carb Diet 'Ketosis Plan'
Beat that Fat
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