

## Losing Weight Through Diet - The Pros And Cons (ダイエットで痩せる：良い点・悪い点)

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Various studies show that more than two-thirds of all American adults are either obese or morbidly obese.

With all the hype on weight loss and weight loss products, it's no wonder that more and more people who suffer from being overweight become interested into various commercial diet plans and weight loss programs that are available in the market today.

### OF DIET AND DIETING

By definition, "dieting" refers to the practice of eating or drinking in a regulated manner

in order to achieve a specific short-term objective of gaining and or losing size or weight.

"Diet" on the other hand refers to the habit of nutritional consumption and focuses more on a long-term goal.

Studies show that the most common objective of dieting is for a person to lose excess body fat.

But, there are also kinds of diet that are prescribed in order to achieve a particular medical objective while some dieting are actually designed and prescribed to increase body fat or add up to muscle weight gain.

Diet is actually categorized into two:

the weight-loss diets, which restrict the intake of specific foods or food group in order to reduce body weight

and the weight-gain diets, which are usually self-imposed in order to achieve a higher weight class.

Aside from that, special cases also require diets especially when it is related to certain medical conditions.

Special diets usually include, exclude, or regulate a set of certain chemicals especially from the foods that contain them.

These special diets are usually given to diabetics to manage the person's blood sugar levels;

epileptics who adhere to Ketogenic Diet; celiac disease patients are advised to take gluten-free diet;

people who suffer from being lactose-intolerant are advised to veer away from milk products,

kidney disease patients are restricted to eat foods that have high-sodium content

while people who suffer from mild hypertension are advised to follow a diet low in fat and sodium

and rich in fruits and vegetables.

Other specific types of diet to control weight include low-fat diets, low-carbohydrate diet or Atkins Diet,

natural diets that include Paleolithic Diet and Evolution Diet,

vegetarian diet, and very low calorie diet. Experts say that different diets are designed to on weight loss and weight gain depending on the person's need.

#### THE PROS AND CONS OF DIET AND DIETING

Of all the means of losing weight offered by various companies, weight loss diets have become one of the most popular that overweight people use.

This is because these people believe that by taking in regulated amounts of food or veering away from eating foods from a specific food group, they can lose weight easily.

But, little do they know that improper diet and dieting may result to rapid weight loss and can even lead to more serious illnesses due to lack of nutrients absorbed by the body.

Food and nutrition experts say that most obese people who are into strict diet and improper dieting have developed have a long history of dieting failure because they always go back to their usual eating and lifestyle habits.

Experts also agree that although improper diet can lead to severe health cases, it can be powerful tool in losing weight if done properly and administered by authorized health care providers. This is because weight loss diets that are monitored by authorities can evoke commitment, discipline, and dedication to those who are taking the specific diet plan.

And if these weight loss diets are administered properly, people who choose weight-loss program can conquer their fear of dieting failure and depression.

Indeed, it will take a huge amount of energy for an obese person to be able to stick to any weight-loss diet or program. Aside from fighting the temptation to go back to their usual way of eating, people who are overweight have large tendencies of becoming violent and defensive in their preference of diet.

Although diet can be an effective means of losing weight, experts say that not all weight loss diets and programs can be successful.

This is because some diets target the dieter's weakness and make them believe that they can eat certain amount of foods when in fact, these can contribute much to their weight gain.

#### AVOIDING FAD DIETS

To be able to lose weight safely and properly, make sure that you know when the weight loss diet is a fad.

Here are some ways to help you spot a fad diet:

- Menu offers extremely limited food choices.
- Cutting out an entire food group.
- The diet asks the dieter to eliminate all fats.
- Promises of ultra-fast weight loss or rapid weight loss.
- It aims to sell a specific weight loss product such as herbal weight loss supplement or pills.
- Weight loss diet claims they are based on unproven science.
- It opposes medical opinions.

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