

The Real Truth about Dieting

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Does it seem like you've tried every diet out there and still have had no success in weight loss? Or have you tried one, only to realize when the dieting stops, the weight returns? The sad truth is that dieting per se does not work. What I think of when I hear the word diet is restriction, starvation, elimination, and even emaciation. Does that even sound healthy?

Often times, diets promise a "quick fix" but fail to provide long lasting results. The diet focuses on a temporary change, but there is no emphasis on healthy changes for life. Can you really vow to never eat a potato again in your life? What about eating packaged foods all day every day for another 20 years?

Many diets are lower in calories than what we need daily for normal function. They often eliminate entire food groups, which throw off the balance of carbohydrates, protein and fat we should have daily, therefore can lead to nutrient deficiencies. Over time, the weight loss we see is loss of water and even muscle mass instead of fat mass.

So what aids successful weight loss?

- First, there must be a balance of calories IN with calories OUT, so there should be some physical activity every day.
- Cut out the empty calories –those foods that provide lots of calories with little or no nutrition – like soda. EAT!!
- Make sure you are eating enough, that's right – usually no less than 1200 calories for normal function.
- Set realistic goals. Instead of losing 30 pounds, accomplish 5 first. Small goals help keep you motivated to continue.
- Focus on being healthy, not just being skinny.
- Listen to your stomach – eat when you are hungry and stop when you are full.
- Fill up on fiber and high quality protein.
- Focus on 5 or more fruits and veggies daily.
- Get the whole family involved – everyone deserves to be healthy.
- Remember we are all human, and we all deserve an occasional treat! 😊