

Low Calorie Diets - Lose Weight Fast and Easy

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April 12, 2010 - [PRLog](#) -- With all the fad diets taking over our televisions, bookstores, and pantries, many people have forgotten the basics of healthy living. When you are busy counting carbs, calculating fat grams, and popping diet pills, perhaps you should consider that the “miracle” diet may very well be the oldest one in the book. Low calorie cooking and exercise may very well be the secret to weight loss and healthy living.

A few decades ago, few people knew what a carb was. However, everyone knew that you were supposed to eat a healthy, balanced diet. Now, however, low calorie cooking has been replaced with complicated recipes with hard-to-find ingredients, all in the name of weight loss. How did this get so complicated? Is it possible that you can lose weight without an advanced degree in physics?

The real key to weight loss and healthy living is low calorie cooking and exercise. Most people have one of two problems with this method. One, it seems too easy, or two, it does not magically make weight disappear.

Check out Healthy Recipes at:

<http://www.biggest-loser.net/category/recipes>

Although people may say they want an easy solution to weight loss, the truth is the complicated methods make people feel like they are accomplishing something. If it is as simple as lowering calories, people are not constantly reminded of what they are doing, so it seems like they are doing nothing. This coupled with the second reason, it does not make weight magically disappear, makes people assume it does not work. People want to look in the mirror the day after starting a diet and see a difference. They want a manifestation of the hard work and effort they are putting forth. However, few long-term solutions make a difference that quickly. Low calorie cooking and exercise are not capable of getting you into skinny jeans in a week, but the real goal should be long-term health and fitness.

How do you incorporate low calorie cooking into a diet based in deep-fried food and sweets? The first step is to reduce the grease and sugar. You do not have to give it up completely, but make it a rare treat instead of a staple in your diet. When cooking your regular recipes, replace ingredients with healthier alternatives or low calorie counterparts. For example, use low fat cheese and milk and veggies whenever possible.

You can also get exercise into your everyday activities. Park in the far parking places at work or at the grocery store and opt for the stairs instead of the elevator. Every little bit helps get you into shape.

Check Your BMI at

<http://www.biggest-loser.net/body-mass-index-chart>

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Source James Lee
City/Town Ellicott City
State/Province Maryland
Country United States
Industry [Food](#), [Health](#)
Tags [Diet](#), [Bmi](#), [Lose Weight](#), [Healthy Food](#)
Link <https://prlog.org/10622708>



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