

Nutrition for a Better Body



Learn the Secrets to Eating Right for a Better Body

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Obesity in Australia, and the relationship to food

Despite the fact that the medical community within Australia has grown by leaps and bounds in recent years, obesity is still a medical condition that is cropping up in large amounts every year, plaguing a large percentage of the Australian population. According to studies conducted between 1980 and 1990, one of the primary factors leading to early death in Australia was cardiovascular malfunctioning, which is most often caused by issues relating to obesity. After 1990, the most prominent contributor to deaths in Australia was Diabetes, another condition that is often brought on through obesity.

Despite the fact that obesity is completely manageable and curable, it has become one of the most widespread ailments in all of Australia. Every year the percentage of the population that is considered to be obese continues to rise, which is proof that this is a growing epidemic that needs to be addressed.

According to self-reported data offered by the NHS, a study conducted between 2004 and 2005 showed that 16.4 percent of all men and 15.1% of all women in Australia were considered to be Obese. Today, more than 47% of all women, and 63% of all men are considered to be obese based on their Body Mass Index or BMI. Despite the fact that obesity can be managed and eliminated, this condition is simply getting worse rather than better, every single year.



There are two very clear causes for obesity in the Australian population:

>> Poor nutritional habits

>> Lack of adequate physical activity.

These two factors are clear contributors to the rise in obesity within Australia. As a result, it is important for individuals to assess their health and wellness, and to act

accordingly by adopting improved nutritional habits and incorporating more physical activity into daily lives. It is these two actions that will change the face of obesity and how quickly it continues to grow among people of all ages in Australia.

Food Trends over the Past 40 Years

The food trends over the past forty years, especially in countries like Australia, are actually fairly startling. Studies have shown that interest in junk food items is on the rise, though this fact is not really where the surprise lies. The shock factor lays in the fact that despite the fact that so many people are trying to get healthy, and society as a whole seems keener on beating obesity now more than ever, junk food sales and sales of unhealthy products are still steadily rising.

One food trend that has not changed in the past forty years is that when a parent is obese, he or she is significantly more likely to purchase junk food items for children who are either already obese themselves, or that are quickly heading that way due to lack of activity and poor nutrition choices. This is a bad trend, however, because it means that these children are extremely likely to grow up to be obese as well. This creates an endless cycle, and may explain why it is becoming so easy for Australian citizens to become overweight over time. The more prevalent obesity becomes within the country, the more common it becomes for people to fall prey to the condition.

According to a study conducted by Dr. Michael Booth and the Association of Advancement of Adolescent health, more than twenty five percent of all children in Australia are obese right now. The research he conducted also states that if the child is already obese, there is a 20% to 25% chance that they will continue to be obese well into adulthood, and that the risks for adolescents are still quite high. The risk for an adolescent to become obese in their eventual adulthood is a startling 78%. Because as we talked about, the two factors that contribute to obesity are poor eating choices and a lack of physical activity, it can be assumed that this rate of growth of the obesity condition is directly related to the food choices that people make on a daily basis.

Unfortunately, with every year comes new innovations in packaged foods. The problem with packaged foods, which a study has conducted more than 327 packaged foods are purchased by the average Australian in a single year, is that most of the nutrients have been removed in the processing, and chemicals, preservatives and additives have been added which not only have no nutritional value at all, but oftentimes have negative nutritional value. For example, many packaged foods in this day and age are using hydrogenated oils, which are super-heated oils that contain trans saturated fats. Unfortunately, these are the worst fats that we can put into our body, yet nearly every packaged food item on the market contains them in some form.

What will the future hold for pre-packaged foods? If they continue down this trend, people will have to rely on whole foods again simply to avoid all of the worthless, harmful filler that is found in every man-made processed food in the supermarket.

The Fast Food Nation and its Impact on Society

Today's world is busy and bustling, and as a result, fast-casual restaurant models like fast food restaurants are becoming increasingly popular. When your day is stressful and you simply want to go home and relax, stopping by a McDonalds or a Burger King seems like a smart idea. Drop a few dollars, pick up a few value cheese burgers, eat in the car on the way home and then you're done. It's probably the quickest dinner you've had all week and while you may enjoy the extra half hour you saved by avoiding your own kitchen, do you have any idea what you put in your body just then?



We live in a fast food nation wrapped up in a fast food world. Our society has been groomed to believe that it is okay to grab a quick bite, no matter where we have to go to accomplish it. Unfortunately, people are not paying enough attention to what these fast food restaurants are offering, and it is letting them play a huge part in our downfall as a society.

After all, what will happen if we all die from obesity, after eating at these fast food restaurants every night of the week? The fast food nation concept is having a serious effect on our society. People have stopped caring about their health, because they are so stressed about their lives that they think fast food restaurants are their only options. Luckily, this isn't the case because there are plenty of ways to avoid the fast food trap, and it is well worth doing so. You don't need 500-calorie cheeseburgers to be happy, or to avoid stress. But blatantly avoiding restaurants like these can do wonders for your health.

Why Dieting Doesn't Work

Let's face the facts: Dieting does not work. It simply does not work, despite the fact that millions of people, if not billions of people, are on diets at the same time, all the time. People turn to some of the craziest crash diets in the world looking for ways to become healthier, but what they are really doing is taxing their bodies by messing with their metabolisms, putting themselves into starvation mode, eating unhealthily, and a whole myriad of other bad acts that really should be avoided.

There are some truly insane diets out there. The Atkins diet, for example, has been a popular diet for several decades now. Many people start the diet, and drop a lot of weight right away - Because they are starving themselves of an important part of their diet: Carbohydrates, and their body is looking elsewhere for the energy that it needs. What most people fail to understand, however, is that once you stop following the diet, all of the weight comes back, and sometimes even more than what you started with. Why would you take this insane risk?

Some diets involve pills, which are even worse in many cases. Take for example a new drug on the circuit, called Alli. This insane pill is meant to block some of the fat that you consume, but fat is a good thing! If you eat the right types of fats, like monounsaturated fats and polyunsaturated fats, then eating fat is healthy and natural and you should not be blocking the fat from being absorbed by your body.

Why take a pill to cut your fat consumption when you can just stop eating fat-laden processed foods instead? The Alli pill happens to have some truly horrifying side effects, and hopefully will not be on the market long. This is an example of a diet that people think will work, but it turns out its all about hype, and the results never come.



Dieting is not the answer, not even for people who are obese and need to lose weight quickly. Becoming healthy is all about losing weight slowly and effectively, and then keeping the weight off in healthy ways. There is not much about dieting that is intrinsically healthy. Diets tend to be unhealthy for the body instead, especially bodies that require giving up vital food items, eating too much of others, over exercising or taking diet pills or supplements that are not ideal for your body. So do you want to know what really works?

Healthy weight loss for nutrition is 2 lbs in a week or less. Healthy weight loss can be obtained in a number of different ways, as long as they follow this key concept: Dieting should not be hard, or stressful, or painful in any way. You can still indulge yourself from time to time, you can still eat those carbs you love, and no, you do not have to give up red meat if you don't want to. Here's how it really works: If you cut out a couple hundred calories a day from the amount that you require to keep your current weight, you can lose a lb in a single week. If you incorporate healthy exercise into the mix at around thirty minutes a day, you can lose another lb in a week, combine these two activities together and you are effectively losing 2lbs every single week. This is the healthy way to lose weight and to fight obesity, and it does not require that you follow any insane diets.

So here is the truth, boys and girls: Dieting is not the answer. It simply does not work. Diets are trends and fads that show temporary results if they show results at all. If you do lose weight on a diet, it will not last. These Yo-Yo weight loss efforts are a waste of time and can harm your body. Instead, you should focus on losing the weight at a slow and healthy pace, letting it melt off naturally. Your body knows what weight is best for it, and once you get into the swing of a new healthy lifestyle; your body will behave accordingly.



Alcohol: The Hidden Calorie Killer

Alcohol is one of those things that people do not think about when counting calories, but that does not mean the calories are not there! First let us dispel a myth: Alcohol is very rarely the sole contributor to a "beer belly" or those annoying love handles that people tend to get. While alcohol does have calories, and usually a lot more than people attribute when keeping track of their calorie consumption, there are not enough calories in a glass of beer or wine or even hard liquor to create the amount of fat that has to be stored to create those lumps and bumps on the body.

Alcohol beverages do not contain fat, or cholesterol, and they contain very little sodium. They do however contain carbohydrates and calories. Drinking in moderation has been associated with better overall health and a much longer life, but the trick is simply to drink in moderation, nothing more and nothing less. Heavy drinking is associated with a large number of health issues including breast cancer, cirrhosis of the liver and a number of other maladies, and that's not even considering how many calories you would be slamming back. Drinking in moderation essentially means drinking only one drink a day at most, and make sure when you do drink that you keep track of the calories that you consume.

For example, a 12 oz. bottle of Anchor Porter has 209 calories. That's more than 200 calories unaccounted for if you forget to take your alcohol consumption into consideration when charting or logging your caloric intake. While there are a number of brews that have far less calories in them, like the An Hauser Busch O'Doul's with only 70 calories, the general consensus is that alcohol is full of absolutely empty calories. Do you really prefer a 12 oz. bottle of beer over a 200 calorie snack? Especially when you consider which one is going to fill you up in the long run?



What to Eat

The best way to tell you what to eat for optimum health is first to explain what it is that you are consuming.

Carbohydrates: These are sugars and starches that provide energy for humans. There are two different types of carbohydrates, simple monosaccharides, and complex polysaccharides. Simple carbohydrates are found in dairy products, fruits, and processed and refined foods like pasta, white bread and sugar. These carbohydrates are digested more easily by the body. Complex carbohydrates take longer to digest within the body, and are more commonly found in whole grain breads and pastas, brown rice, legumes and vegetables.

Fats: Fat can be found in all of the food that we eat, though often times the amount is so small, it is considered to be non-existent. There are several major types of fats that are found in the food we eat: Saturated fats, polyunsaturated fats, monounsaturated fats and Trans fatty acids. The unsaturated fats are healthy fats, while the saturated fats are unhealthy fats.

Protein: Protein is another essential nutrient that our bodies need. Protein has a variety of physiological functions, including forming muscle tissue, creating energy for muscles, and building enzymes in the muscle. We need protein to build energy.

Eating Whole Foods

The best types of foods are whole foods, natural, unprocessed foods that have not lost their nutrients or had any unhealthy characteristics added to them. Whole foods include whole grain breads, brown rice, fruit and vegetables. The best way to live a healthy life and to fight against obesity is to base your food plan around whole foods as much as you possibly can. These are the most natural foods that you can put into your body, and there are no negative characteristics to any of these foods. As much as possible, it is important that you incorporate fresh fruits and vegetables and whole grain bread and pasta and brown rice into your diet. These unaltered, unprocessed whole foods are really the absolute best when it comes to improving your nutrition.

The Importance of Water



Another vital part of a healthy lifestyle and fighting against obesity is to drink an adequate amount of water. While there is some debate about how much water is healthy, the truth when it comes to water is that you can never really have too much. Your body is made up of such a large percentage of water, but you are constantly losing it in sweat, digestion and tears that you need to constantly replenish this supply if you want to remain healthy. There are entire diet plans devoted simply to drinking more water, because when your body is adequately hydrated, you feel less hungry and a lot healthier.

Many people mistake thirst for hunger, and eat when their bodies are really just craving water. The best way to make sure that this does not happen to you is to drink at least 16 ounces of water with every meal. This is actually an effective tactic to keep you from eating too much as well, which will help you learn portion control while simultaneously re-hydrating your body. Before every meal, drink at least 8 oz of water, then continue to drink water throughout your meal. The water will help you feel full faster, so you will stop eating.

The Importance of Breakfast

Many people mistakenly believe that all of the meals that you eat should be equal in the calories, proteins, fats and carbohydrates you consume. This is unfortunately untrue. Breakfast is the most important meal of your day, and therefore should be the largest. This is because your breakfast will set the tone for the rest of your day. If you eat a large breakfast, you will find yourself feeling less hungry all day. Those people who eat undersized breakfasts often find themselves starving by lunch time and this is a terrible way to go about things. So eat a large breakfast, because breakfast is the king of your day.

Lunch should be considered the prince, as you require less calorie content and food content for lunch than for breakfast. On this same vein of thinking, dinner is like a pauper in that you need even less of it, it is actually the least important meal as you have already consumed and burned through most of your nutrients already. What makes breakfast so important is that the energy and nutrients and calories that you consume at breakfast will be what you burn off all day long. If you eat a small breakfast, your body will go into "starvation mode" and will stop digesting and processing food until it feels adequately full again. By dinner time, you are usually done using up your energy and so you need fewer nutrients to get by for the remainder of the day.

The Importance of Fish



Many food items have healthy, natural oils in them that are good for the body. One such example is fish, which in many cases contains special omega-3 oils that are extremely beneficial for your health. Omega-3 fatty acids are considered to be essential fatty acids for the human body. They are absolutely vital for human health, but unfortunately cannot be manufactured by the body which means they absolutely need to be obtained through the food that we eat. Omega-3 fatty acids can be found most commonly in salmon, tuna and halibut, and other marine life like krill and algae, as well as certain plants and nut oils.

Omega-3 fatty acids are also known as PUFAs, or poly-unsaturated fatty acids and they play an absolutely crucial role when it comes to brain function, along with normal development and growth of the body. Most heart associations recommend that people eat fish like mackerel, lake trout, sardines, herring, salmon and albacore tuna at least twice a week in order to reap the benefits of these Omega-3 fatty acids. Omega-3 fatty acids can also be obtained through dietary supplements, which are mentioned more in depth below.

Supplementation:

In order to make sure that you are getting all of the nutrients that you need to lead a healthy, natural life, it is important to consider exploring supplemental food and drink items that will offer boosted helpings of important vitamins, minerals and other vital nutrients like the Omega-3 fatty acids mentioned before.

A whole foods nutritional supplement that is highly recommended is Juice Plus+, which comes in three different styles and adds a lot of highly useful nutrients to your body. One such type of Juice Plus+ is the "Garden Blend", that has 7000 IU of Vitamin A, which is 140% of your daily recommended amount, 42 mg of Vitamin C which is 70% of your recommended daily amount, 24 IU of Vitamin E which is 80% of your recommended daily amount, 0.28 mg of Folate which is 70% of your recommended daily amount, 41 mg of Calcium which is 4% of your recommended daily amount, and .36 mg of Iron which is 2% of your daily amount.



The ingredients in this delicious health supplement are: Vegetable juice powder and pulp from carrots, parsley, beets, kale, broccoli, cabbage, spinach, and tomato; gelatin, lipase, amylase, protease, Cellulase, beet fiber, barley bran, oat bran, cabbage fiber, glucomannan, plant cellulose, dried plant fiber, *Lactobacillus acidophilus*, vegetable-derived magnesium stearate, anthocyanins, allicin, lycopene, polyphenols catechins, *Dunaliella salina* (algae), and indole carbinols.

This Juice Plus+ Product also comes in an "Orchard Blend" and a Gummies variety. The Juice Plus+ Gummies contain additional vitamins and minerals beyond what the drink powders offer: 494% of the RDA for Vitamin A, 179% of the RDA for Vitamin C, 275% of the RDA for Vitamin E, 9% for Calcium, 93% for Thiamin, 3% for Riboflavin, 13% for Niacin, 32% for Pyridoxine and 4% for Zinc, 3% for Magnesium, 2% for Potassium and 16% for Copper.

Another recommended supplement, if you are not already getting enough fish in your diet, is a fish oil capsule that delivers Omega-3 fatty acids into your body. The reason for this is mentioned more in depth above, but basically it has to do with Omega-3 fatty acids being an outstanding supplement for total body health. Omega-3 fatty acids are a healthy fat, which means that they are good for your heart and your health, and do not have any negative side effects like other fats do.

Choosing a Supplement

Choosing a supplement should not simply be something that you do in passing. Choosing the health supplements that you will take on a daily basis means you need to properly research your options to choose the right supplement products for your individual health needs and the needs of your body.

First, you need to make sure that the supplements you consider have had proper independent research conducted on them. Do not choose supplement products that are new to the health food market. Instead, opt for supplements that are 'tried and true', and that receive rave reviews from those who use them. This way, you know you are working with a product that is going to deliver the right results, and not the wrong ones.

Any supplement that you choose should also be bio-available, which means the vitamins and minerals that the supplement contains need to be capable of getting into your system. You are not simply trying to digest the supplement; your body should be absorbing the nutrients, vitamins and minerals instead.



Breakfast should be a large meal, and it should consist of a good combination between carbohydrates, fats, proteins and calories. Omelets are a popular option, as long as you use the healthier part of the egg, and try to use vegetables and healthy meat choices and less egg, because eggs can be fatty if you eat too many. Cereals are another exceptional option for breakfast, especially newer cereal types that include a variety of different pieces. Kashi cereals are popular, especially the Kashi Vive cereal that offers probiotics for better digestion. Any food products that offer probiotics are ideal, as these digestive aids will help in your weight loss efforts.

Note: Try to use whole foods as often as you can. Whole foods like fresh fruits, fresh vegetables, whole-wheat and multi-grain breads and cereals and brown rice are ideal food items because they are completely natural. You should also try to have milk for breakfast every day, as milk is healthy, contains a large supply of calcium which your body craves, and has recently been linked in studies to increased weight loss.

You should aim for a 500 to 700 calorie breakfast on most days. This leaves plenty of opportunities for you to mix fruits, whole grains, dairy products and other essentials together to come up with some nice results. Throw some bananas in your cereal for a splash of fruit and flavor, mix cottage cheese and peaches up for a dairy and fruit delight, or toss an omelet with fresh peppers and crumbled bacon to get your protein, vegetable and egg all at once.

Protein shakes and smoothies make excellent options for breakfast because they are normally packed with vitamins and minerals and other great additives that help you start your day off right. If you eat a big breakfast, (Or in some cases, drink it) you will find yourself feeling far less hungry than usual, even much later in the day. This is an excellent way to make sure that you do not over eat later in the day.

If you have a breakfast that is lacking in the nutrients, vitamins and calories that you need, you will feel hungry throughout the day and are much, much more likely to overeat or to splurge on foods that you should not be eating in the first place.

You should try to have six half-meals rather than three large meals, so that your metabolism works all day long. If you rely on three meals, and your body feels hungry in between, your metabolism may not work as hard as it ought to, and you can find yourself gaining weight without meaning to. It is important to make sure that your metabolism is working pretty much consistently. If you've ever seen a skinny person eating like a pig without consequence, it is probably because he or she has a fast working metabolism that processes the food quickly, so that person would not gain weight as fast. Many obese people have slower metabolisms, which may play a part in the development of the condition. If you want to lose the extra weight, you have to find ways to boost the effectiveness of your metabolism, and eating six smaller meals a day rather than three larger meals is a truly effective way to achieve this.

Simply put, if you want to live a healthy life with a healthful nutrition plan and smart habits, then eating throughout the day to keep your metabolism going is your best option. When your metabolism works all through the day, you are burning calories naturally. If your metabolism starts and stops because you eat at odd intervals throughout the day, your body will not be nearly as effective at processing the foods that you eat.

In the following section I will be detailing some meal plan examples that should help get you on the right track when it comes to choosing healthful meals with the right calories, carbs, proteins, fats, vitamins and nutrients that you need not only to be healthy, but also to jump start the natural and healthy weight loss program.

Meal Plan Examples

Everyone has individual needs when it comes to diet and nutrition. For example, depending on your weight, your body requires different calorie intake amounts in order to best perform. The average calorie intake amount is 2000 calories, and the following example meal plan is based on that type of diet. This type of meal plan is not by any means mandatory, but rather just a suggestion of what a healthy eating plan would be like in order to fight against obesity.

Breakfast: 4 carbohydrates, 1 meat or protein and 1 fat. Carbohydrates are important for breakfast because they give your body the energy it needs to make it through the day. Without enough carbohydrates, you may feel completely drained by lunch time, so make sure to load up.

- Choose 2 breads or starches, like 1 English muffin, or 1 ½ cups of bran flake cereal. You may also consider waffles, pancakes, toast, or a variety of other cereals depending on what you are in the mood for. Big breakfasts are okay, just remember to control your portions.
- Choose 1 dairy, like 1 cup of skim or 1% milk, or 1 cup of non-fat, sugar-free yogurt. Milk has been shown to help in the weight loss process, so drink up!
- Choose 1 fruit, such as a large banana, 1 ¼ cup of fresh strawberries. Fruit is an excellent source of vitamins and minerals, and is great for adding a splash of flavor to a bowl of cereal.
- Choose 1 ounce of meat or protein, such as a single soft-boiled egg, or ¼ a cup of scrambled egg substitute. Egg substitute is a good option if you want to go for a lower-fat form of protein, because egg yolk tends to be high in fat.
- Choose 1 fat item, such as a single tsp of margarine. Fat items are not ideal, but in moderation they can be a totally acceptable part of your diet.

Morning Snack: 1 carbohydrate and 1 fat. Snacks keep you going between meals, and make sure that your metabolism is working as hard as it can throughout the day.

- Choose 1 carbohydrate like two fat-free rice cakes, or six saltine crackers. These are light and airy snacks that fill your stomach without overwhelming you with calories.

- Choose 1 fat, such as 2 tsp of peanut butter, or 2 tbsp of low-fat cream cheese. Fat items are not ideal, but in moderation they can be a totally acceptable part of your diet.

Lunch: 2 ounces of a meat or protein, 2 vegetables, 2 carbohydrates, 2 fats, 1 fruit, and a "free food". Lunch does not have to be as "heavy" as breakfast, but should still fill you up and contain a nice combination of meats, vegetables, carbohydrates and fats.

- Choose two ounces of meat or protein, such as 2oz of cooked chicken breast and an ounce of grated low-fat cheese. Protein sources are helpful for keeping your energy up.

- Choose two vegetables, like a cup of fresh salad greens, and a cup of chopped fresh vegetables. Vegetables are so low in calories, that indulging yourself with extra helpings will not hurt.

- Choose 2 carbohydrate choices, like 2 slices of bread or a cup of cooked pasta. Now is a good time to reload your carbohydrates, as you have probably burned through most of your breakfast.

- Choose 2 fats, like 4 tbsp of low-fat salad dressing. Fat items are not ideal, but in moderation they can be a totally acceptable part of your diet.

- Choose 1 fruit, like a small orange or half of a large pear. Fruit is a great treat because it is sweet but also low in calories, so do not be afraid to indulge a little.

- Choose 1 "free food", like a 12-ounce can of sugar-free soda. This is your real indulgence for the day, savor it, enjoy it, because you won't have another special treat until tomorrow.

Afternoon Snack: 2 carbohydrates. Snacks keep you going between meals, and make sure that your metabolism is working as hard as it can throughout the day.

- Choose 1 dairy, such as a cup of skim or low-fat milk, or a cup of non-fat sugar-free yogurt. Milk has been shown to help in the weight loss process, so drink up!
- Choose 1 fruit, like ½ cup of sugar free canned fruit, or half of a large pear. Fruit is a great treat because it is sweet but also low in calories, so do not be afraid to indulge a little.

Dinner: 3 ounces of a meat or protein, 4 carbohydrates, 2 vegetables and 1 fat. Dinner should be the lightest meal of your day, as you have already expended most of your energy for the day and will be going to bed soon. Keep that in mind and try to go for something simple.

- Choose 3 ounces of meat or protein, such as baked cod, salmon or poultry. Now is an excellent time to get in your omega-3's for the day!
- Choose 4 carbohydrates, like baked potatoes, cooked corn, fresh fruit, and skim milk. Make sure to get some milk in, but indulge in any other carbohydrates that you want.
- Choose 2 vegetables, such as a cup of steamed asparagus and a cup of steamed carrots. Vegetables are so low in calories, that indulging yourself with extra helpings will not hurt.
- Choose 1 fat, such as 1 tsp of olive oil or margarine. Fat items are not ideal, but in moderation they can be a totally acceptable part of your diet.

Evening Snack: 1 carbohydrate, 1 meat or protein and 1 fat. Snacks keep you going between meals, and make sure that your metabolism is working as hard as it can throughout the day.

- Choose 1 carbohydrate like a slice of bread, a 2-oz bagel, or ¾ of an ounce of pretzels.
- Choose 1 ounce of meat or protein, such as a ¼ cup of low-fat cottage cheese, or possibly 1 oz. of turkey breast.

- Choose 1 fat, such as 2 sp of low-fat mayonnaise. Fat items are not ideal, but in moderation they can be a totally acceptable part of your diet.

As you can see, you can customize your meal plan in a variety of ways while still eating healthfully. The important things to consider are portion control, and opting for low-fat or low-calorie options whenever possible.

Keeping a Food Diary

Individuals who are interested in staying on track with their eating habits are urged to consider keeping a food diary. Keeping a food diary is a vital step in assessing how and why you eat, which will allow you to target all of your current problems so that you can discover what causes them. Keeping a food diary will also make the process of developing an ideal eating plan much simpler. Here are the things that you can track with a food diary:

>> How many calories, fat grams, carbohydrates, fiber grams and protein grams you are consuming in every meal and in every day.

>> Your danger zones, or when you are most likely to eat out of control.

>> The reasons behind your eating, aside from real hunger.

>> How well you control your portions.

>> Your feelings after you eat, which can help you learn to avoid foods that are not healthy and do not make you feel good.

The key to an effective food diary is to keep things simple. While it is important that you track all of the metrics that are important to you, you should not overdo it. A confusing food diary will likely turn you off, and if you do not feel interested in your food diary, you will have difficulty continuing to use it over time. If you want to start a food diary that you will be able to continue updating over time without losing interest, you need to set it up in such a way that you will enjoy updating it, and so that it will never become a burden.

Food diaries make you accountable for your food habits, because they allow you not only to keep track of what you are eating every single day, but they allow you to go back and read about what you have been eating to see how your habits have changed, or to see what areas you still need to make changes in. Food diaries hold you accountable for your own eating habits by forcing you to look at how you eat every day so that you can better appraise the choices that you make.

Commercial food diaries are available, or you can create your own using a spiral bound notebook, a computer spreadsheet, or a blank white piece of paper if you have to. It is completely up to you how you create your food diary, because all that really matters is that you use it to keep track of the right nutritional changes and habits that you make.

Your food diary can be an extremely vital and powerful tool in the fight against obesity by allowing you to make the most out of your new and improved eating habits. Make healthy changes and log them as they happen so that you can slowly improve yourself and your eating habits to a much healthier state. Statistics have shown that people who use food diaries when working on weight loss programs have had significantly better results than those who did not. So if you want to almost perfectly guarantee that your weight loss efforts will be successful, you absolutely need to find the best way to keep a food diary, and you need to make sure that you keep track of your eating habits and calorie, fat, protein and carbohydrate consumption as often as you possibly can.

Note: any other weaknesses that you have should also be addressed in your food diary. For example, if you are poor at getting adequate water every day, track your water intake in your food diary as well. This way you can keep track and it will remind you if you need to drink more water or not all throughout the day.