

What really happens when we diet?

How do we diet?	This is what really happens!
<p>Skipping Meals or Decreasing Calories</p>	<ul style="list-style-type: none"> ● This lowers metabolism so we store fat more easily from fewer calories. ● The brain's and muscles' demand for fuel causes rebound "munchies," usually for high fat and higher sugar items. ● Poor attention span, irritability, fatigue. ● Muscle mass may be lost.
<p>Cut out starchy foods</p>	<ul style="list-style-type: none"> ● Your body loses its best source of stable energy; you'll be more likely to feel moody and tired. ● You'll end up eating higher fat and sugary foods to satisfy "munchies."
<p>Cut out meats</p>	<ul style="list-style-type: none"> ● May risk iron deficiency which leads to fatigue. ● Energy from meals may not last as long, causing more hunger between meals for high fat, high sugary foods
<p>Go on preplanned meal replacement diet or liquid diet</p>	<ul style="list-style-type: none"> ● Diet's don't work. You have a 95% chance of regaining any weight you lose, within 1-2 years. ● You give away control to the plan, which lowers your self-esteem (<i>"I can't do it myself" ... "The diet would have worked if only I hadn't cheated"</i>) ● You often lose muscle mass along with fat. This lowers your metabolism, making it easier to store on fewer calories. ● Habits are replaced temporarily, not changed permanently. ● Often expensive.
<p>Fasting</p>	<ul style="list-style-type: none"> ● Most of the weight lost is water. ● Muscle mass decreases which lowers metabolism, resulting in subsequent fat gain. ● Can be dangerous for some individuals.