

# Diets

**1. A healthy diet can include the foods you love.** You don't have to avoid sugary or salty treats entirely, but you do need to eat less of these foods since they're low in nutrition & high in calories.

**2. Live longer & stronger.** Good nutrition keeps muscles, bones, organs, & other body parts strong for the long haul. Eating vitamin-rich food boosts immunity & fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type2- diabetes, bone loss, cancer, & anemia. Also, eating sensibly means consuming fewer calories & more nutrient-dense foods, keeping weight in check.

**3. You break your diet & feel too discouraged to try again.** Just because you gave in to temptation doesn't mean all your hard work goes down the drain. Healthy eating is about the big picture. An occasional splurge won't kill your efforts. Diets that are too restrictive are conducive to cheating when you feel deprived; it's easy to fall off the wagon.

**4. After your diet, you seem to put on weight more quickly.** When you drastically restrict your food intake, your metabolism will temporarily slow down. Once you start eating normally, you'll gain weight until your metabolism bounces back another reason why starvation or "fasting" diets are counterproductive.

**5. You lose weight, but can't keep it off.** Diets that severely cut calories, restrict certain foods, or rely on ready-made meals might work in the short term. However, once you meet your weight loss goal, you don't have a plan for maintaining your weight & the pounds quickly come back.

**6. Diets that cut out entire groups of food, such as carbohydrates or fat, are simply impractical, not to mention unhealthy.** The key is moderation. Eliminating entire food groups doesn't allow for a healthy, well-rounded diet & creates nutritional imbalances.

**7. Avoid crash diets.** They are bad for health & you will gain what you have lost once you take a break. Crash diets are not a solution to weight loss. It might seem as if you have lost a few pounds but the moment you give up on the crash diet everything will bounce back with a vengeance.

**8. Trying to lose weight?** Don't rely on diets that promise you fast weight loss, because you will take back the weight more quickly than you lost it!

**9. Moderation is the key for a healthy diet.** Regardless of what certain fad diets would have you believe, we need a balance of carbohydrates, protein, fat, fiber, vitamins, & minerals to maintain a healthy body. Try not to think of certain foods as “off-limits”. When you ban certain foods from your diet, it is natural to crave them more. Start by reducing portion sizes & not eating them as often. Later you will only think of these foods as occasional indulgences.

**10. Concentrate on food not supplements.** Many sportsmen make the mistake of spending lots of money on expensive supplements & powders to boost their nutrition, but pay little attention to the foods they eat. You may benefit from certain supplements, but before reaching for the pills & powders it is important to get your food intake right. This means consuming a natural based diet with lots of fruits & vegetables, lean protein & beans & pulses.

**11. Make small, slow changes, instead of trying to make large, fast changes.** Small changes will be easier to make & stick with.

**12. Focus on complete protein sources.** A complete protein source is one that provides all of the essential amino acids. Examples are animal-based foods such as meat, poultry, fish, milk, eggs, & cheese.

