

# [Implementing be taken in order to address excess](https://assignbuster.com/implementing-be-taken-in-order-to-address-excess/)

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Implementinga system involving discretionary calories onto ones diet on a day to day basisis a great way to enjoy a healthy and nutritional lifestyle because it givespeople the freedom to enjoy they’re cravings if they follow such systemcorrectly. However most of the times that is not the case. A majority ofAmericans today usually consume nutrient poor foods and are sedentary. Hencemost of the times people who carry out the typical eating and physical activitymanners throughout today’s society often end up using up all of theirdiscretionary calories and end up consuming calories in excess of their dailyneed.

With the excess amount of calories being taken up the risk of graduallygaining weight with a higher body mass percentage goes significantly up. Moreimportantly the foods being consumed when going over the excess discretionarycalorie uptake usually are relatively high in sugars and fats thus the excessintake of such foods usually plays a vital role in the increasing risk factorsof type -2 diabetes, heart disease and even cancers. Despite all that; preventative measures can be taken in order to address excess consumption ofdiscretionary calories. Artificial sweeteners such as sucralose (Splenda), saccharin (Sweet and Low), aspartame (Equal)etc., are products that are proven to offer the sweet taste people crave withno calories being taken into ones structure.

Another method that can address excessiveconsumption of discretionary calories would be by limiting or replacing theintake of foods that are high in fats and are energy dense with nutrient dense products. Subsequently the methods previously mentioned claim to help weight managementby lowering the amount of calories and fats being taken in, however in order tosee the biggest results possible it is essential to consume the recommendedcalorie intake while only consuming a portion of the discretionary calories thatmay be left over from ones day.