

# Implementing be taken in order to address excess

[Business](#), [Management](#)



Implementing a system involving discretionary calories onto one's diet on a day to day basis is a great way to enjoy a healthy and nutritional lifestyle because it gives people the freedom to enjoy their cravings if they follow such a system correctly. However, most of the times that is not the case. A majority of Americans today usually consume nutrient poor foods and are sedentary. Hence, most of the times people who carry out the typical eating and physical activity manners throughout today's society often end up using up all of their discretionary calories and end up consuming calories in excess of their daily need.

With the excess amount of calories being taken up, the risk of gradually gaining weight with a higher body mass percentage goes significantly up. More importantly, the foods being consumed when going over the excess discretionary calorie uptake usually are relatively high in sugars and fats, thus the excess intake of such foods usually plays a vital role in the increasing risk factors of type-2 diabetes, heart disease, and even cancers. Despite all that, preventative measures can be taken in order to address excess consumption of discretionary 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 with no calories being taken into one's structure.

Another method that can address excessive consumption of discretionary calories would be by limiting or replacing the intake of foods that are high in fats and are energy dense with nutrient dense products. Subsequently, the methods previously mentioned claim to help weight management by lowering the amount of calories and fats being taken in, however, in order to see the

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biggest results possible it is essential to consume the recommended calorie intake while only consuming a portion of the discretionary calories that may be left over from one's day.