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they stop doing those

[Nutrition](#), [Fast Food](#)



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0px; font: 16. 0px Times; -webkit-text-stroke: #000000; min-height: 19. 0px}span. s1 {font-kerning: none}Americans spend between 40 and 50 billion dollars annually on weight loss. Many studies suggest that between 60% and 90% of that is wasted on ineffective dieting, where the weight comes back within 1-2 years.

(quora. com) A lot of people have the wrong idea about what it means to maintain good health. Some people think that it means being extremely skinny, others believe that it means completely cutting out different food groups from our diets.

Many fall into the traps of fad diets as a result. They think that these are quick solutions to lose weight and get good health. In reality, they are really just spending lots and lots of money on something that might work temporarily, but could actually hurt them in the long run. Shortcuts to weight loss are harmful and should be avoided. A more effective and healthy way to get and maintain good health is to incorporate a balance of healthy and nutritional foods from every food group into our everyday diets, and do moderate exercise.

Diets have changed drastically through time. “ A healthy eating plan is one that emphasizes fruits, vegetables, whole grains, and milk products. It also

includes meat, poultry, fish, beans, eggs, and nuts. It is low in saturated fats, trans fat, cholesterol, sodium, and added sugars.

” (Diet Misinformation Leads to Unhealthy Choices) This was the diet of most of our ancestors. Today, most people have a diet that revolves around processed meats, saturated fats, and sugar. This has caused obesity and other sicknesses to become a lot more common now.

Since a lot of people aren't willing to reduce these habits, they try to find shortcuts to good health. This results in them falling into unhealthy diet plans. Unhealthy eating plans include fad diets, which are harmful to our bodies. They manipulate people into thinking that they can lose weight very quickly and stay that way, with just a little bit of effort for a short period of time. Yes, this may work temporarily.

Cutting out carbs completely, drinking only juices, eating 1,000 calories per day, all of these can definitely make someone lose weight quickly, but it will also make them gain the weight back just as easily once they stop doing those things. People waste their time trying all these different kinds of diets and paying so much money on weight loss supplements, which actually end up hurting their health in the long run. “ Two-thirds of dieters regain more weight after discontinuing a diet, than they initially lost. Yo-yo dieting can adversely affect the immune system, arteries, and heart.

” (Gretchen Voss) Instead of going into extreme dieting again and again, a more effective way to lose weight or positively affect our health would be to make small changes into our everyday lifestyles. For example, someone is

used to having fast food every single day. When that person is trying to lose weight, they will be tempted to do it very quickly, and would most likely try to cut out fast food from their diet completely. This might cause them to lose weight, but they will crave the fast food so much, because their body was so used to having it every day.

Eventually, they will probably just give up and end up eating fast food for breakfast, lunch, and dinner. That will obviously make them gain the weight back that they had lost, if not more. A more reasonable way to go about the situation would be to minimize the person's fast food intake to about three days a week. Then, once they get used to that, they can reduce it to two days a week. Like this, they can keep reducing it at a pace that they can maintain, and they will be less likely to give upon their weight loss journey. Taking extreme measures for quick results is always tempting, but isn't the best option for your health. "The safest way for teenagers to control their weight is to eat a healthy, low-fat diet and get enough exercise." (Ruth Papazian) Exercise is crucial in order to keep our bodies healthy.

It helps keep our bodies fit and active. When we exercise, our blood is flowing smoothly through our bodies, which helps to prevent many health problems such as high blood pressure, cholesterol, and Diabetes. Staying active and exercising at least a few times a week will help increase metabolism. Once your body starts building up more lean body mass, it will start burning more calories every day.

"By losing fat and maintaining an ideal body composition (the fat to muscle ratio) and eating high-nutrient density foods, I propose that even at a more

normal caloric intake, you will get very significant health and longevity benefits.” (Tom Venuto) Whether it’s aerobic exercise, weight training, or any other type of workout, our bodies need to stay active in order for us to maintain good health. We also need to eat a well-balanced diet to keep our bodies healthy. Exercise is very important, but that’s done a few times a week or maybe even once a day. Our diet is what we eat every single day, multiple times.

What we take in to our bodies has a great effect on us. Every food group has its own significance and none of them should be avoided completely. “ Variety is a fundamental principle of nutrition because foods vary in nutrient content.

” (Marion Nestle) Everything should be eaten in moderation. A lot of people believe eating healthy means cutting out all fats from our diets. That is not true.

Healthy fats are essential for energy. Proteins, carbohydrates, fiber-rich fruits and vegetables, they are all essential for our bodies. As long as our bodies are getting the nutrients that they need on a daily basis, there’s no problem in eating a cheeseburger or having a slice of cake once in a while.

Highly processed foods should not be eaten too often, but occasionally won’t hurt anyone. Eating a variety of foods from each food group in moderation and exercising is the key to good health. It will be much more beneficial in maintaining good health in the long run, rather than trying fad diets or weight loss supplements.