

# Dieting makes people fat essay



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A lot of people strongly believe that they have to starve themselves in order to reduce their weight. In fact, it is true that it may help them to reduce some ounces in a few days. However, dieting with an expectation of getting quick results is most likely to have serious consequences as rapid weight loss is not sustainable (FoodTalk, n. d. ). The outcome of dieting is not just weight loss alone. Several other things also happen in the body when the energy intake of a person is being controlled. With the consequences of dieting being pushed aside, dieting is getting more and more popular these days. Losing weight is consistently on the list of top 10 new year's resolutions. It is difficult to determine the success rates of those who attempt diets, although an oft-cited statistic is 95 percent, based on the 1984 book ' The Psychology of Ideal Body Image as an Oppressive Force in the Lives of Women' by Barbara Cohen, PhD" (Riggle, 2012). In most cases, individuals tried to slim down and felt frustrated. Although many people tend to think that dieting is the best way to slim down and to achieve their desired weight, dieting can be detrimental.

Many think that they have to avoid fat in order to lose weight. When fat is being avoided, dieters are starving all the time as fat is very satiating. Thus, people who avoid fat are unlikely to be satisfied by the meals they consume. In addition, dieters are most likely to gobble up low-fat food as substitutes for their regular meals. Doing so is proofed to be pointless as when the real fat is removed from the food, ingredients such as sugar and flour – which provide calories but lack of nutrition – are usually added to maintain the taste and texture.

Furthermore, fat also contains fat-soluble vitamins A, D, E and K which are essential to maintain good health (Magee, 2013). In general, most people believe that performing a diet by eating less is obligatory to help them reduce their weight gradually. The human body is assigned not to diet but to detect signs of hunger. A person's body will be able to sense that there is a chance of starvation when he deny food, resulting in an increase in hunger forcing the metabolism of the body to slow down in order to make up for it.

When one commits to diet, a feeling of deprivation and resentment will emerge and will only intensify cravings. If a person is successful in losing weight through a restrictive diet, the cravings still do exist, and they can be exceptionally hard to resist (Getting Stronger, n. d. ). This will push the person to eat more than he usually does in order to compensate for the deprivation and resentment he suffered. In other words, to be able to reconcile the body and emotions, a person will eventually eat more than before (Cannon & Einzig, 1983).

Dieters commonly think that harshly cutting the portion of food they consume daily will lead to weight loss. Dieting may bring negative outcome such as throwing one's body out of balance if not being performed properly. In most cases, the dieting arrangements of the dieters are too strict, thus, may bring metabolism to a halt while others are programs that end with an imbalance. It is true that one has to cut calories to fit into a smaller size. Nonetheless, as a person's weight decreases, the body metabolism is also lowered down (Girdwain, 2013).

For instance, the outcome of eating too less fat is a surplus of carbohydrates one's body cannot burn, which will be absorbed by the fat cells. People tend to mistaken the portion of ' allowed' food that they can eat. They will eat as much ' allowed' food as possible thinking that they are good for health and will not cause obesity. Undoubtedly, it will lead to overeating and every time a person eats more that his body requires, including healthy food, the excess will pile up as body fat (Sass, 2013). Diet is not an effective way to lose weight, especially when dieters eat much too less than they should.

The consequences of an improper diet are much greater than being fat alone. Malnutrition, fatigue and several other physical and psychological sicknesses may result due to having a diet which lack the essential vitamins needed by the body (Robins, 2013). As a result of eating less, the body begins to store energy by decreasing the metabolism rate. When a person starts to eat normally again, the body stores a larger amount of energy from the food consumed due to not burning as much energy and this is when the body gains weight instead.

A person is most likely to feel frustrated for not being able to get the desired weight or may even feel discouraged for not being able to lose weight.

Dieting with a purpose of weight loss can result in having low self-confidence, gaining even more weight due to lowered metabolism rate and experiencing emotional distress. Not to forget, one's health is being risked due to the ' yo-yo' effect – losing and then gaining weight repeatedly. The ' yo-yo' effect is extremely hazardous to health as the possibility of dying from heart disease is 70 percent higher compared to people whose weight remains constant (Leeds,

Grenville, & Lanark District Health Unit, 2013). Daily activities need energy and dieting may cause one to suffer from a lack of energy. It may also bring other negative outcomes including lacking of concentration, feeling weak, turning pale and having mood upswings. Nevertheless, if dieting is essential, one has to do it in a proper way. It can be done by consuming healthy food that contains the entire nutrients that the body needs. At the end of the day, a person will keep metabolism balanced, burn calories and lose more weight by eating proper portion of healthy food throughout the day (Brooks, 2013).

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