

Latest Weight Loss Diet

According to a recent article from the Associated Press, the mainstream consumer is not currently hooked on any particular diet trend. Gone are the low-fat days, the Atkins popularity (the Atkins company filed for bankruptcy this week), and the South Beach phenomenon. But I have discovered what the new diet trend should be: More vegetables. Yes, I can hear everyone stampeding out of their house right now down to the local market and stocking up on fresh vegetables. But I tell ya, clients that are consuming fibrous vegetables at each meal are reaping the benefits and singing the praises of this approach. And I am not the only expert that knows it. A pretty smart guy by the name of Dr. John Berardi has also been advocating a significant increase in fibrous vegetable intake for men and women that want to get lean and lose more body fat. Now I used to be a strong advocate of eating a filling soup before a meal to control appetite, but with the junk that is in soup (high sodium, hidden calories), I am now convinced that the best way to reduce your appetite and to grab control of your blood sugar is to eat fiber-rich vegetables before each meal. At the same time, drink a glass or two of water. I also have to hand it to a guy known as Dr. Dave, for his rules on eating. Before each meal, Dr. Dave recommends 4 to 5 broccoli florets, 4 to 6 fish oil capsules, a handful of berries (or one of his anti-oxidant supplements), and 10 to 16 ounces of water. This approach will definitely reduce appetite and increase insulin sensitivity before eating. But I know a way to make it even better. Add 1 scoop of protein to 8-10 ounces of water. Your appetite will be in great control, and you won't be tempted to overeat at restaurants or at home. Examples: Breakfast: Try some mixed greens before your omelet, or add a bunch of broccoli florets directly to the omelet. Snack: For a great afternoon appetite-suppressing snack, try a protein shake, a cup of Green Tea, the fish oils, and 1oz of almonds (or walnuts or cashews). That will keep you energized and full until dinner. Meal: You can simply start with a salad of organic greens, sliced peppers, carrots, mushrooms, tomatoes, and a light oil and vinegar dressing. Or try Dr. Dave's broccoli trick. To some, this will simply sound like how other cultures eat - by relying on whole, natural foods rather than processed garbage. Societies that are not addicted to the Western Lifestyle actually take time to chew and enjoy their food made with whole, natural ingredients (and not sabotaged with salt, sugar, and fat to make up for the lack of taste).

About the Author

Calorie counter diet and weight loss program software calculates nutrition and coaches you to desired weight as you log foods and exercise.

Source: <http://productsherbal.com>