

Best Diet Programs For Women

Women have a lot of choices when it comes to diets although it takes a very careful approach in order to find that perfect diet. It would probably be akin to finding a needle in a haystack as to what particular diet will work for a certain woman but it will be very rewarding once that proverbial needle is found. There are a lot of diets to choose from and these are just some of the ones available out there:

Low-Carb DietThis diet speaks for itself. You basically eat meals that have a low-carbohydrate count in order to take off the fat that you will incrementally gain as opposed to having a normal-sized meal packed with carbohydrates. This is a diet that will require the individual to eat meals with only low carbohydrates. There are no protein supplements that are needed and it can also contain select snacks to avoid monotony in the diet. It can consist of a 14-day eating plan which has an average of 30g of carbohydrates a day. This should be done with a strict tracking of carbohydrates and calories per meal. This will be a definite hit for those who enjoy low-carb foods and who want to lose as much body fat as quick as possible.

Vegetarian DietThis is intrinsically a balanced diet which mainly consists of vegetables, milk and eggs. It offers a rough estimate of 1250 calories per day. This particular diet is variable, depending on your gender. This calorie count can be increased to a bigger count of 2000 calories. There are very specific recipes that one can follow when following such a diet and it will be a cinch to go through if a person loves to eat vegetables. This is also a nice diet for those who want to eat less meat in the long run. Substitutes for this could be soups, dips and grains.

Cholesterol-Lowering DietThis diet will allow the person to take in only a maximum of 1,200 calories a day with only 17% of the calories being the total fat allowable. This diet will be particularly infused with dietary fiber with soluble fiber being the main component since it is this type of fiber that generally reduces the cholesterol level of people in the long run. One can expect to lower his or her cholesterol in about 2-3 weeks of starting of the program. There will be outside factors which will influence the amount of cholesterol that will be lowered in one's diet. Overall, this type of diet could be a wonderful change for the person who would want a proactive change in their current diet. These are just a few examples of the different diets that one can adhere to. However, with all health changes, it is imperative to have a check up with your physician before engaging in any type of diet in order to eliminate the risk of any complications. Until then, these alternatives remain for the woman who wants a change in her eating habits.

About the Author

A doctor will usually prescribe diet and exercise as part of diabetes treatment. This article details why regular exercise combined with a good diet will.

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