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Escape From Diet Mania! Design Your Own Eating Plan

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Escape from diet mania and design your own eating plan!

Health and fitness is one of the fastest growing American industries, and diets the most popular in this category. There is seemingly a diet for everyone. If you have an extra \$300-\$400 dollars to spend each month, some diet companies will deliver their products right to your door! Sadly, they don't teach you how to shop or prepare food in a healthy manner.

How do you decided which, if any of the diets on the market is for you? We hear stories of people who have "tried them all," with little lasting results. Many can't stick to their chosen plan and before long find themselves back on the diet treadmill, wondering what went wrong.

There is a way to beat "diet mania."

Read the first three letters in "diet," and get that word out of your vocabulary. You don't need a stringent diet to lose weight and be healthy. You need an eating plan designed specifically to meet your needs and goals. With a little help from your doctor, a Registered Nutritionist, and a little work on your part, you can design your own.

Before starting any eating plan, check with your doctor. He or she will asses your general health and check for any conditions that need addressing, like allergies, diabetes, obesity, heart, liver and kidney function, etc.

As your doctor to refer you to a Registered Nutritionist. The Nutritionist will review the doctor's findings, and suggest an eating plan based on your condition, likes and dislikes. Bring a list of your favorite foods with you on your first visit. Be sure you understand everything and don't be afraid to ask as many questions as you need.

Now it's your turn. You want to design and everyday "don't have to think too much about" eating plan based on your Nutritionist's suggestions.

Decide how many calories you will consume each day. Don't go crazy with this. Some days you will eat more or less than others. Balance is the key.

There are many healthy online recipes you can adapt to your plan. Don't be afraid to experiment, but stay within your guidelines.

Start with a week of breakfasts, lunches and dinners. Don't forget to add healthy snacks. Fruit is an excellent choice. Plain low fat yogurt with a teaspoon of honey, a hand full of dried fruit and nuts will tame the "hungry horrors" that ambush you when you are beginning to fade. One cup of air popped or light microwave popcorn is a fun, nutritious snack. A low calorie ice cream bar will satisfy your sweet tooth without sabotaging your plan.

Make a shopping list and buy only those items on your eating plan.

Next, plan a month of menus. Make sure your menus have plenty of variety so you will meet your nutritional needs and goals without getting bored.

Spend some time, perhaps on a weekend cooking a weeks worth of meals in multiple batches and freezing them. This eliminates the "I'm too tired to cook" syndrome.

Finally, save your hard-earned money, and treat yourself to something that will give you pleasure. You have just designed your own eating plan that can be modified as needed.

Marianne L. Kelly

Marianne L. Kelly is a former chef, journalist, editor and web content writer. As a chef she offered tasty, healthy alternatives to high calorie, fat, sugar and sodium laden foods. She has designed her own healthy eating plan and has helped others do the same. Marianne has written three themed main stream cookbooks. She is currently working on a third that follows each season with stories, poems, thoughts and sayings along with healthy recipes from the bounty of each season. She is also works with a web designer writing original content and re-writes, and is available for hire. For more information visit <http://www.strawintogold.weebly.com>

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