



**Special Report: The 10 Must Know Facts
about Dieting & Weight Loss - by SelfGrowth.com**

Published by:
Self Improvement Online, Inc.
<http://www.selfgrowth.com>
200 Campus Drive, Suite D Morganville, NJ 07751

Copyright © 2010 by David Riklan
Manufactured in the United States

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without either the prior written permission of the Publisher.

Limit of Liability/Disclaimer of Warranty: While the author and publisher have used their best efforts in preparing this book, they make no representations or warranties with respect to the accuracy or completeness of the contents and specifically disclaim any implied warranties. The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. The author and publisher shall not be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Special Report: The 10 Must Know Facts about Dieting & Weight Loss

Introduction:

Our country and many people all over the world are obsessed with dieting and weight loss. Obesity has become an international epidemic.

Every day new material and ideas emerge that show us “the best way” to lose weight, “the magic weight loss” diet or pill. It’s very confusing for anybody trying to lose weight.

This report is designed to cut through all of the misinformation out there and provide the must know facts about dieting and weight loss.

The report is designed to answer some very simple questions:

- 1) What are the most accurate statistics on weight loss?
- 2) What are the main approaches to and types of diets?
- 3) What dietary recommendations are the experts making?
- 4) What are the best foods to eat?
- 5) What are the worst foods to eat?
- 6) What are the top diet programs?
- 7) What are the myths about dieting?
- 8) What are the side effects of dieting?
- 9) What organizations deal with dieting & weight loss?
- 10) What resources are available?

To get you started, we have provided all of this information below. We wish you the best of luck reaching your weight loss goals.

1.) Statistics on Weight Loss

Sixty-six percent of adults in the U.S. are overweight or obese.

In the United States, obesity is linked to more than 112,000 excess deaths related to cardiovascular disease, more than 15,000 excess deaths related to cancer, and more than 35,000 excess deaths related to other disease causes per year.

Special Report: Dieting and Weight Loss - <http://www.SelfGrowth.com>

According to the World Health Organization (WHO), diets lacking in fruit and vegetables cause 2.7 million deaths world-wide every year, as well as about 19% of gastrointestinal cancer, 31% of ischaemic heart disease, and 11% of strokes.

(Source: MedlinePlus: <http://www.nlm.nih.gov/medlineplus/weightcontrol.html> ,
Wikipedia, Weight Control Information Network:
<http://win.niddk.nih.gov/statistics/index.htm>)

2.) Types of Diets

Low-fat diets - Low-fat diets reduce a person's fat intake.

Low-carbohydrate diets - Low-carb diets reduce or eliminate carbohydrate intake and are high in protein and fat.

Low-calorie diets - Low-cal diets provide about 500-1,000 calories per day.

Very low-calorie diets - Very low-cal diets provide about 200-800 calories per day, causing starvation.

Liquid diets - Liquid diets require you to consume only liquids, or mostly liquids.

3.) Dietary Recommendations

According to the WHO, a healthy diet requires a person to:

- * Maintain a healthy weight and energy supply
- * Moderate fat intake, eliminate trans-fats, and steer clear of saturated fats in favor of unsaturated fats
- * Eat more whole grains, fruits, vegetables, nuts, and legumes.
- * Consume a minimal amount of sugar
- * Consume a minimal amount of salt and be sure that salt is iodized
- * Supply the body with essential amino acids
- * Supply the body with essential vitamins and minerals

(Source: Wikipedia)

Special Report: Dieting and Weight Loss - <http://www.SelfGrowth.com>

4.) Best Foods to Eat

- whole grains (bread, pasta, cereal, etc.)
- white meat, skinless turkey/chicken
- vegetables, especially dark, leafy green vegetables
- tomatoes
- salmon
- berries
- egg whites
- legumes
- nuts
- low-fat dairy products (cheese, milk, etc.)

(Source: Shereen Jegtvig, About.com Guide,
<http://nutrition.about.com/od/diets/tp/toptendietfoods.htm>)

5.) Worst Foods to Eat

- processed foods
- deep fried foods
- mayonnaise
- sugary beverages
- hot dogs/sausage
- whole milk products
- butter

(Source: Elaine Magee, webmd.com, <http://www.webmd.com/food-recipes/features/worst-foods-in-your-fridge>)

6.) Top Diet Programs

-Weight Watchers: Weight Watcher's main message is that if you live a healthy lifestyle, you'll lose weight. Each food is assigned points, and you are limited to a certain daily number of points based on how much you weigh.

Special Report: Dieting and Weight Loss - <http://www.SelfGrowth.com>

- The Volumetrics Eating Plan: The Volumetrics plan encourages dieters to fill up on low-energy density foods, such as soup or vegetables, instead of energy-dense foods, like chips or cookies.

-Atkins Diet/South Beach Diet: Both South Beach and Atkins diets limit carbohydrates with the exception of some "good carbs." The South Beach diet bans certain carbs such as potatoes, fruit, bread, cereal, rice, pasta, beets, carrots, and corn for the first two weeks, and also prohibits unhealthy fats and doesn't count grams of carbs. The Atkins diet aims to steer the body away from sugar burning by promoting fat burning.

-Jenny Craig: Jenny Craig supplies dieters with three meals plus snacks every day, and allows you to consume additional fruits, vegetables, and low-fat dairy products.

-The Sonoma Diet: Sonoma promotes the Mediterranean style of eating, which includes olive oil, whole grains, fish, nuts, fruits, and vegetables.

-The NutriSystem Diet: NutriSystem allows dieters to select their own meals and sends them a month's worth of food in microwave-ready packages.

-The Zone Diet: The Zone encourages a diet that is 30% protein, 30% fat, and 40% carbohydrates.

(Source: Stephanie Watson, webmd.com,
<http://www.webmd.com/diet/features/which-diet-is-right-for-you>)

7.) Myths About Diets

MYTH: Slashing calories will make you lose weight faster.

Drastic calorie cutting causes the body to think it's starving, thus causing it to want to maintain your weight and slow down your metabolism.

MYTH: Very strict diets are the best kind.

It is extremely difficult to stick to a very strict diet that requires you to eliminate food groups or limit and you are more likely to give up on the diet entirely.

MYTH: You should not eat your favorite junk foods.

Special Report: Dieting and Weight Loss - <http://www.SelfGrowth.com>

It's all about moderation. Rewarding yourself with a treat once in a while is a good way to stay motivated.

MYTH: Late-night eating will make you fat.

It does not matter when you eat. Simply pay attention to how many calories you consume vs. how many calories you burn per day.

MYTH: You can lose weight by skipping meals.

Skipping meals can have the reverse effect. When you skip meals, your metabolism slows and you may end up overeating as a result.

MYTH: You can lose weight by drinking a lot of water.

If you are replacing sugary beverages with water, you will likely lose weight. But drinking water alone will not cause you to drop any pounds.

MYTH: There are specific foods that burn fat.

There are no foods in existence that actually burn fat.

(Source: Jennifer R. Scott, About.com Guide:

<http://weightloss.about.com/od/getstarted/tp/bltpmyths.htm> and Carol & Richard Eustice, About.com Guide:

<http://arthritis.about.com/od/weight/a/weightlossmyths.htm>)

8.) Side Effects of Dieting

- Fatigue
- Irritability
- Depression
- Reduced sex drive
- Fainting
- Constipation
- Dehydration
- Sinus problems
- Muscle atrophy
- Rashes
- Acidosis

9.) Organizations To Do With Dieting & Weight Loss

-The National Weight Control Registry - A United States register of people (18 years or older) who have lost at least 30 lbs and kept it off for at least one year.

<http://www.nwcr.ws/>

-Shape Up America! - A not-for-profit organization committed to raising awareness of obesity as a health issue and to providing responsible information on healthy weight management. <http://www.shapeup.org/>

-The Obesity Society - The Obesity Society is the leading scientific society dedicated to the study of obesity. The Obesity Society is committed to encouraging research on the causes and treatment of obesity, and to keeping the medical community and public informed of new advances. <http://www.obesity.org>

-Overeaters Anonymous - Overeaters Anonymous was founded in 1960 and welcomes anyone with problems dealing with food. <http://www.oa.org/>

-TOPS Club, Inc. (Take off Pounds Sensibly) - TOPS helps people manage behaviors associated with food, food consumption and healthy activities.

<http://www.tops.org/default.aspx>

10.) Resources

-Medline Plus: <http://www.nlm.nih.gov/medlineplus/> - MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends

<http://www.thecaloriecounter.com/> - Count your calories

<http://www.fitday.com/> - FitDay is a free online diet & fitness journal

<http://freeonlinedietplans.org/> - Provides reviews of diet plans, products, programs, and more