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First and foremost, consult your physician and check whether it is at all feasible for you to lower your calorie consumption and increase the amount of physical exercise that you do.

WARNING...

This book contains information that can help you if you're on a diet, BUT science has now shown that **ALL** diets end in failure! If you are considering a diet, we suggest you don't and instead consider trying the "The Secret Weight Loss Formula" which is **NOT** a diet at all. "The Secret Weight Loss Formula" works because its not a diet!

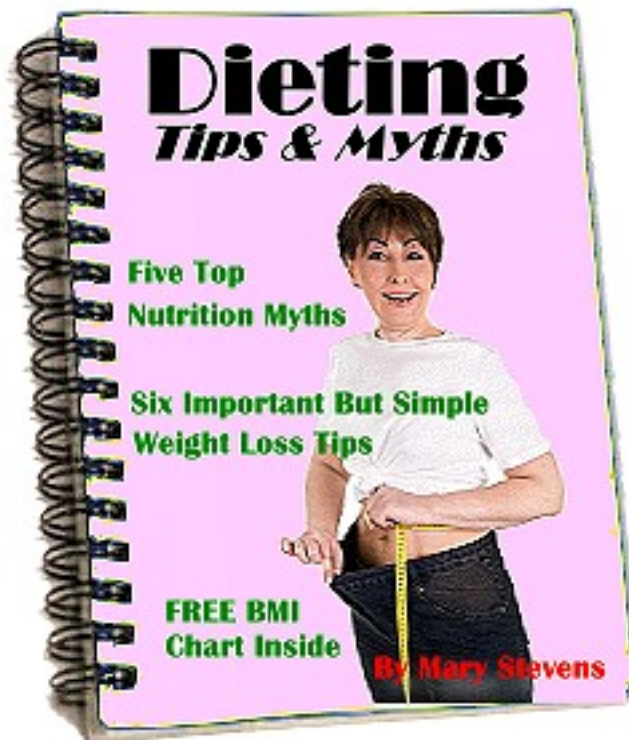
To find out more of what "The Secret Weight Loss Formula" all about:

If you're a man [Secret Weight Loss Formula For Men](#)

If you're a woman [Secret Weight Loss Formula For Women](#)

In the meantime if you are still interested in going on a regular diet to lose weight read this book on "Tips and Myths About Dieting" it will give you some solid information about dieting.

Tips and Myths About Dieting



Hi everyone, this is Mary Stevens and I've been busy putting together this ebook on some important Diet Tips and debunking a few of those old Myths about dieting.

So many of us have been told, over the years, that certain things are true about food when in fact they are not. Not knowing the truth about these things can hurt your efforts to lose weight and keep it off.

So I decided to list them out for you, that way you can see them for yourself and take the right action to stay on track with your diet. See Mary's looking out for you!

The Five Top Nutrition Myths Of All Time

Myth One:

Sugar Causes Diabetes

If you have diabetes, you must watch your sugar and carbohydrate intake. Sugar intake alone will not cause you to develop diabetes but it will put on pounds. The main risk factors for Type 2 diabetes are a diet high in calories, being overweight, and living an inactive lifestyle. Wow, does that sound like my “ex” hubby or what!

Myth Two:

All Fats Are Bad

Many people think that all fats are bad, but the truth is we all need some fat in our diet. Fats are necessary for nutrient absorption from food and for nerve impulse transmissions, they also help to maintain cell membrane integrity in your body, but if you eat fats in excessive amounts, they do contribute to weight gain, heart disease and certain types of cancers.

Myth Three:

Brown Sugar is better for you than White Sugar

I have to tell you the Brown Sugar you buy at the grocery store is really white granulated sugar with molasses added. The idea that brown and white sugar have big differences in nutrition is another common nutrition myth that is just not true.

Myth four:

Skipping meals during the day can help lose weight

Most people now understand this but there are still some people who think that by skipping meals, they will be eating less food and therefore they will lose weight. However, when you do this your body will switch to "starvation mode" to slow down your metabolism to compensate for less food. You'll feel tired and often have headaches but lose no weight.

A better approach is to eat smaller healthy meals and snacks to keep your blood sugar balanced.

Myth Five:

Brown Eggs are much more nutritious than White Eggs

Again this is not true. It has been found doing studies that white shelled eggs are produced by hens with white feathers and white ear lobes and brown shelled eggs are produced by hens with red feathers and red ear lobes. There is no difference in either taste or nutrition content between white and brown eggs. So don't be paying more for brown eggs.

Six Important But Simple Weight Loss Tips

Following these simple tips and suggestions will help ensure that you continue to lose weight.

Tip One:

Eat at least 5 servings of fruits and vegetables per day

As you go through your day try to snack on fresh veggies and fruit. They fill up your stomach fast so you feel full and they are really packed with beneficial fibers, vitamins and antioxidants. Keep away from that sugary junk food!

Tip Two:

Watch for Portion Size when eating out

This is one of the hardest things for me to do. When I'm out with my friends I'm eating and chatting at the same time and I tend to forget about how much I have eaten. Most restaurants serve way too much food so I've made it a habit to take half of it home.

Tip Three:

Do not Skip Meals

We talked about this in the food myths above but it's very important to not skip meals. Small frequent meals help to balance your calorie intake and your blood sugar during your day. You'll have plenty of energy and feel good. This does not mean that a dough nut is a meal!

Tip Four:

Go for whole fresh foods

When ever possible, pick up fresh whole foods and not those packaged convenient foods that have high amounts of sodium and that all time worst diet killer “*High Fructose Corn Syrup*”. You can lose weight and save money by taking your own home made lunch to work and not eating out.

Tip Five:

Watch out for the sugary drinks

Drinking sugary pop and putting sugar in your coffee or tea tastes really good but it all adds up to more pounds each week. I know this doesn't sound like fun but make sure you add plenty of water

to your diet instead of those sugary sodas. I drink plain iced tea (with lemon).

Tip Six:

Keep a food journal

I know that first glance this does not sound very important but if you are having a hard time losing weight this will help you get started. Keeping a journal helps you to pin point your eating patterns and will enable you to easily modify them when you see exactly what it is that's keeping you from losing weight.

There you have it, my weight loss tips and nutrition myths, however, remember healthy weight loss can be achieved fairly quickly, but it won't happen overnight so be sure to set realistic goals.

Make sure that your goal is a healthy body, not to just lose a number of pounds! Everyone looks good at a different weight. Remember a short person may look really good at about 112 pounds, but a person of a taller height would just look very unhealthy. Keep yourself at a weight that makes you look good, not at a number that sounds good.

Use this BMI calculator chart to get a good idea of what you should weigh. You are looking to be in the 24 to 25 range. Find your height in the left hand column then scan across to your weight now go straight up to your BMI

BMI	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45
Height													Danger		
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215
5'	97	102	107	112	118	123	128	133	138	143	148	153	179	204	230
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	185	211	238
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	191	218	246
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	197	225	254
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	204	232	262
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	210	240	270
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	216	247	278
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	223	255	287
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	230	262	295
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	236	270	304
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	243	278	313
6'	140	147	154	162	169	177	184	191	199	206	213	221	258	294	331
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	272	311	350

Above all you need to believe in yourself!

If you want to lose weight, and you know that it will make you feel better, then you need confidence and determination . The hardest thing is you must avoid temptations like chocolate, ice cream, and cookies.

If you simply have to have one, then JUST HAVE ONE! They may taste good, but there are other foods that taste delicious, too, without being unhealthy. You need to always keep an eye out and encourage yourself to achieve the weight loss goals that you have set.

Oh, one more thing... Cut down on your sodium, that means stop salting things. Many of those prepared foods you see at the market have as much as 40% or more of your entire daily need. You will get your daily requirement of sodium from a healthy diet. Remember, too much sodium, like salt on french fries, can cause you to retain water weight.

Information Resources Box

Trusted Online Help & Information

Learn more about "The Secret Weight Loss Formula" a diet that's not a diet...

If you're a man [Secret Weight Loss Formula For Men](#)

If you're a woman [Secret Weight Loss Formula For Women](#)

[The KUA Store](#) The Kua Store, this is a womens only site. Quotes and personal kua descriptions for each of the nine personal kua's.

[Handmade Earrings Gene Headley Designs.com](#) Handmade earrings that are beautiful, unique plus sensible at Gene Stuart Design's. Find the perfect gift for her to cherish the memory for years to come.

One Last Very Helpful Tip... **Slow Down Your Eating**

You might be surprised to learn that simply slowing down the rate that you eat your food at can have a profound affect on your body weight.

The longer it takes you to eat your food, the less food you will need to eat to feel satisfied. There are some simple techniques that can get you out of a bad habit of eating too fast and consequently eating too much.

Try to chew your food a little longer before you swallow it as this will help with the digestion of the food and the extra time that it takes you to chew will also help you to feel more satisfied without having to have such a large quantity.

Don't load up your fork or spoon with more food until you have finished eating the food that is already in your mouth. One simple way of doing this is to actually put down your fork or spoon until you ready to pick up the next piece of food to eat.

It breaks the habit of over eating from eating too fast. If you look at the way that French people, in particular eat as a whole, you will notice that not only do they have smaller portions of food but they take a lot longer to eat their food. They are doing two things that help them to stay slim. Eating smaller amounts and taking longer to eat those smaller amounts.

You will find that once you start eating a little slower you will actually get to enjoy the food a lot more. You will have more time to savor the tastes in the food.

It takes a little while after eating food for your body to register the fact that it has had enough and many people overeat when they eat too fast simply because they believe they are still hungry. You should never eat until you are full; rather eat until you feel comfortable that you have had enough.

Be healthy, live longer and have FUN!

Mary Stevens