

Week Seven

Pick an eating plan that you can stick to long term and avoid extreme or quick-fix diets.

Extreme diets such as the cabbage soup diet, juice cleanses, or ultra-low-calorie regimens promise rapid results, often within days or weeks. They appeal to our desire for immediate gratification and the hope of achieving our dream body effortlessly. Additionally, the marketing behind these diets often emphasizes celebrity endorsements or anecdotal success stories, further fuelling their appeal.

Why should you avoid extreme diets?

1. Nutritional Deficiencies:

Many extreme diets severely restrict certain food groups, leading to nutritional imbalances. Essential nutrients like vitamins, minerals, and macronutrients are crucial for overall health and wellbeing. Cutting them out or significantly reducing their intake can result in deficiencies, leading to fatigue, weakness, and other health issues.

2. Metabolic Damage:























Prolonged calorie restriction or drastic changes in eating habits can slow down metabolism. When the body perceives a prolonged shortage of food, it adapts by conserving energy, making it harder to lose weight in the future. This phenomenon, known as metabolic adaptation, can sabotage long-term weight loss efforts.

3. Mental and Emotional Toll:

Extreme diets often foster an unhealthy relationship with food, promoting feelings of guilt, shame, and obsession. The restrictive nature of these diets can lead to disordered eating patterns, anxiety, and depression. Moreover, the constant cycle of weight loss and regain can take a significant toll on mental health and self-esteem.

The following dietary habits have been proven to help you lose weight:

- Reducing frequency of snack
- Reducing fried food and dessert
- Including fruits and vegetables

FOOD	SYMBOL	COMPARISON	SERVING SIZE	
Dairy: Milk, Yogurt, Cheese				
Cheese (string cheese)			Pointer finger	1½ ounces
Milk and yogurt (glass of milk)			One fist	1 cup
Vegetables				
Carrots			One fist	1 cup
Kale			Two fists	2 cups
Fruits				
Apple			One fist	1 medium
Peaches			One fist	1 cup
Grains: Breads, Cereals, Pasta				
Cereal (bowl of cereal)			One fist	1 cup
Noodles, rice, oatmeal (bowl of shredded wheat)			Handful	½ cup
Slice of whole-wheat bread			Flat hand	1 slice
Protein: Meat, Beans, Nuts				
Chicken, beef, fish, pork (chicken breast)			Palm	3 ounces
Peanut butter (spoon of peanut butter)			Thumb	1 tablespoon