

You CAN Eat Whatever You Want!

Yes, you read that right! ALL foods are on the list of a weight loss diet. So, what's the deal with all of the diets that tell you not to eat this or to eat that? Simplicity! The more simple a diet is made the more likely we are to follow the program, like the diet that tells us to not eat any flour or sugar. Any person who can read can follow that diet, it's simple. But the problem with many of these diets is they are not convenient because they have so many rules. Convenience has more to do with lack of rules. If I told you about a diet that included any and all of your favorite foods, you could easily remember what to eat and you would be willing to do so.

Hmm, eat whatever we want. Yes, it does sound too good to be true but it's not. However, there is one very important guideline! Although we can eat whatever we want, **we can't eat as much as we want.** I love to cook and I love to cook because I love to eat. Knowing how much I love to eat, I try to be conscious of how much I eat. My wife will tell you how often I break this guideline and my waistline can, at times, be a reflection. When I do break this guideline and need to trim back I have to regroup and focus on reducing my intake. You may also love to taste food, and find your self eating food rich in fat and flavor. Oh yes, fat is flavor and more than that, fat is good. Fat also has a lot of calories which means you can't eat a lot of it at one time.

So, how do you go about eating whatever you want? First, get the word "**full**" out of your vocabulary. You can't eat yourself full every time you eat and expect to lose weight. Next, follow the French philosophy and eat to taste food. If you love chocolate then find the best chocolate possible and have a bite of it. Our brains are amazing with remembering aromas and tastes. Think for a moment of your favorite food, it doesn't matter savory or sweet. Really think about how this food smells, tastes and feels in your mouth. If you really love this food then the flavor is in your mouth and the smell is in your nose. We don't need to eat more in order to enjoy it or remember it. We simply need to savor the flavor as we eat. If you love to eat out there are a few guidelines to follow. First, don't ever order a dinner portion unless two people are eating it. We can't generally eat the amount of food served in American eateries. So, go with the lunch portion or share with a loved one. There is nothing wrong with fast food if you know a cheeseburger is more than enough calories to satisfy the average American for three to four hours. So, have a cheeseburger and leave the fries and milk shake for another visit. Although we can have the body we want while eating wonderfully flavored foods, we may not be as healthy as we should be on the inside, healthy eating is another subject that deserves its own article. Remember, moderation and serving size are the keys to being able to eat the foods you enjoy that may not be all that healthy.

Bringing Health and Fitness to the Whole Family!

Jason

About the Author:

Jason Roberson holds a Masters Degree in Physical Education/Exercise Science. He is also a Certified Strength and Conditioning Coach working at a Division I University as a Head Strength and Conditioning Coach. He brings an extensive athletic and personal training background. Jason is immersed in the Health and Fitness world on a daily basis and is consistently taking continuing education to stay updated on the most current information in the field.