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Sixty percent of people in America are considered to be overweight, and twenty percent of those are obese. Being overweight or obese is bad, and can lead to a whole lot of health complications, including heart disease, kidney disease and diabetes, just to name a few. But losing weight can be complicated, and requires a lot of physical and mental strength.

What Diet Is Right For You?

Everyone who decides to go on a diet wants to know which diet is the best. Every day we are bombarded with new fad diets, each one guaranteed to â€œlose weight fastâ€•. Okay, some of these diets do just that, but not all of them do it in a safe way. Also, a lot of these diets are not sustainable. The best way to lose weight, and keep it off, is to follow a healthy diet that is loaded with all of the nutrients we all need to stay healthy, and make sure that you are eating 5x per day to manage your sugar levels. This is one of the first things mistakes people make, not eating frequently enough. You need to eat to lose weight!

Before getting started on a natural, healthy, well-balanced diet, you should talk with your physician. He or she will know exactly what you need, and will help you make nutrition and dietary choices that will keep you completely satisfied while helping your weight loss and helping you keep it off. Whichever diet you plan to use, it is important to first discuss it with your doctor to make sure that you are getting all of the nutrients you need.

Which Diet Is Right For Me?

"There are as many ways to cut down on calories as there are foods out there," says Marlene Schwartz, the associate director of the Yale Rudd Center for Food Policy and Obesity. "My advice is to use nutritional common sense--maximize fruits and vegetables, limit the amount of processed foods and keep portion sizes reasonable."

While there are always new diets hitting the mark, certain such as Nutrisystem , a company that delivers prepackaged low-glycemic meals to clients, and Weight Watchers, the weight-loss point system creator, and the South Beach Diet, a low glycemic diet book by author Dr. Arthur Agatston have all become national brands and have stood the test of time. They also made a combined 3 billion dollars last year!

Is It Okay To Cheat?

Whenever you are on a diet, allow yourself the occasional cheat meal. This will help to keep you from binging, which happens a lot to those who are on really low-calorie weight loss diets. Many healthy foods can also make delicious treats, like yogurt, peanut butter, diet soda, and chocolate protein. With so many healthy snack options, it will make it easier to lose weight. The best thing to do is educate yourself on which diet is right for you and talk to your doctor before starting it.

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