Part A:

Instagram post

Those girls who are trying to lose weight and look nice, please read this post. Aren’t you eating only salad for every meal because by doing so, you think you can lose weight? You are doing WRONG. As a nutritionist, I send a wake-up call for this dangerous thought. Most fashion models are thin, and the media justifies that you look better if you are thin. So that many women do a crash diet such as eating only vegetables for every meal. However, if you eat only salad as a meal, your brain thinks you’ve been starving. Then your body tries to save more calories when you eat something except salad. It is a defence reaction of your body and you can’t control it. So, you will see that you get the weight back on in a short period of time after stop eating salad and start eating normal (and some snacks as a reward). Now you know why “rebound” happens. In terms of losing weight, eating only salad is worse than eating a normal diet. Moreover, eating salad without taking protein or carbohydrates, your skin gets dry and your hair gets dull. You might get annoyed or get anxious easily. Your body needs a nutritionally balanced diet to keep you healthy. Did you understand how much eating healthy is important in your life? If you want to lose weight, do not forget one important tip: Don’t rush. People wanna lose weight right away, but it is IMPOSSIBLE. Regret your bad eating habits and let’s start good eating habits!

Calculate your basal metabolism, make a meal plan for a day, try to make calories of meal close to intake calories of a day. Surprisingly, you can eat more than you think even if the calories are close to your basal metabolism. You need to take a bit more calories from protein if you do exercise. It is a slow start to lose weight. However, if you follow this method, you can lose weight with no stress, in a good mental condition.

Last but certainly not least, if you do not have any health problems, then just love the way you are. DO NOT care about what others think. Embrace yourself. Being yourself is the most important. The real meaning of “Healthy” is not by the shape of your body, it is by your mentality.

#losingweight #weightreducing #diet #salad #eatingsalad #beauty #beingbeautiful #toned #slim #beyourself

Part B:

1. The primary audience for my post is girls (or young women) who are trying to lose weight in a bad way. I assume my audience has not studied nutrition, so I tried not to use any technical terms to make them understand easily. The reason why I specified “salad” as food for losing weight is, most girls chose it when I took a survey about diet when I was working as a nutritionist. It is common-sense among them. What I wrote at the end is to make girls confident. Most girls who try to lose weight do not have the confidence of their looking (study from my survey). The main topic of this post is about losing weight. However, I must express that being confident in yourself is the most important thing especially for girls.
2. The purpose of my post is to make girls recognize that eating only salad is actually bad for losing weight.
3. The genre is my post is Instagram post. To make many people read my post, I put many tags at the bottom of my post. To emphasize some words, I used capital letters to draw attention. I shortened some words (you’ve, wanna) to sound casual.
4. I used Ethos to make my topic credible by saying “As a nutritionist…”. I used to work as a nutritionist for several years and I have seen many people (especially girls) who do a crash diet. I also used Logos by pointing the common sense of beauty which the media created (Most fashion models are thin…)
5. I assumed some people might say “Eating salad with protein or carbs will not affect your metabolism.” So, I wrote “without eating protein or carbohydrates…”. If I only write about losing weight, it will sound that I encourage people to lose weight. To avoid that, I wrote “Being yourself is the most important” at the end.