

## Quick Weight Loss Diet

There are several ways to lose weight fast, but not all quick weight loss diet use healthy methods. Low carbohydrate, high protein diets are quite popular because people have achieved dramatic weight loss results with these diets. We've all heard of the Atkins Diet and other low-carb diets and know someone that is on it or has tried it. These diets are fairly easy to follow and guarantee you'll lose pounds and inches fast, without hunger pangs and cravings. A low-carb, high-protein diet also helps you lose weight while bringing your cholesterol, triglycerides, and body fat down to a healthy level. Refined sugars, starches, and carbohydrates are initially eliminated from the diet, such as sugar, while rice, pasta, white bread, and crackers, which are eventually replaced with fiber-rich fresh fruit and vegetables, brown rice, and whole wheat flour. Diet is restricted to lean meat, poultry, seafood, eggs, low-fat cheese, and vegetables the first two weeks, followed by the re-introduction of fruits, whole grains, and dairy. Every diet is a bit different, but this is the general idea.

It's good to know the secrets of a good quick weight loss diet, which includes lean proteins, green vegetables, healthy nuts and fats, and supplements, in addition to adequate water intake. Diets work best if meals and snacks are divided into six small meals a day instead of three major meals. And let's not forget exercise, the most important part of any weight loss plan. Quick weight loss diets do work, but they work even better combined with regular sustained physical activity for forty-five minutes or more at least five days a week. Remember that it's important to check with your physician if you have a substantial amount of weight to lose, if you have any type of health condition, and/or you do not exercise on a regular basis or are sedentary. Be informed and get in tune with your body to get the best possible results. To learn more about quick weight loss diets plans and diet supplements, visit [www.weightlossguide.com](http://www.weightlossguide.com) and sign up for a free weight loss guide newsletter.

Not many people like to diet and everyone wants to lose weight as fast as they can. Unfortunately, it doesn't come off as easy as it went on, and there are lots of healthy and non-healthy approaches to dieting out there. According to the American Heart Association, the only sensible way to lose weight and maintain a healthy weight permanently is to eat less, and balance your food intake with physical activity, which is important for both cardiovascular health and physical appearance. As discussed previously, a healthy diet is one rich in fresh fruits and vegetables, whole grains, and fat-free or low-fat dairy products. The American Heart Association encourages using safe and proven approaches to weight loss and maintenance for a life time of good health. Quick weight loss diets will help you lose weight, just remember to do it right, the

healthy way.