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How To Lose Weight Safely

If you have some weight to lose you need to know how to lose weight safely. There are probably hundreds of diet books and weight loss plans available these days, and every one of them claims to be the most effective way to lose weight. If you get suckered in by the hype, then you will believe that you can follow a high-carb diet to lose weight, or a low-carb diet to lose weight, eat only specific foods like cabbage or eggs or grapefruit for three meals per day to lose weight.... the list is endless. It sometimes seems that not a day passes without one of these fad diets 'coming to the rescue' of obese people everywhere. Of course, the diets would not be popular without advocates who follow them, but you need to be aware that it is also crucial to be reasonable in your weight loss efforts.

Quite frankly, some of these diets are downright dangerous. You need to be extremely careful When selecting a weight loss program and avoid fad diets. Some of them can be quite good, but you need to do your research before you jump on the next diet craze because some of these programs are very short lived and, as mentioned before, some are even harmful to your health. It is important to consult your personal medical professional who will help you design an appropriate weight loss plan for you. A balanced plan should permit you to reduce your calorie consumption without avoiding any of the major food groups.

The guidelines you need to follow if you want to know how to lose weight safely are:

- Avoid diets involving excessive calorie cutting.
- Do not exclude any major food group from your diet.
- Avoid crash diets or weight loss medications not recommended or prescribed by your physician.

Now to deal with each of these in more detail.

Avoid diets involving excessive calorie cutting — According to The American College of Sports Medicine (ACSM) it is not recommended to consume less than 1200 calories per day for women, or 1800 calories per day for men. Diets containing less calories can potentially lead to malnutrition. Although it is possible to consume less it is not recommended to do so without continuous medical supervision (such as that supplied on the reality TV program 'The Biggest Loser'). It is recommended that you consult your physician for a guideline to how many calories you should consume per day. Your physician will take your weight, height and any medical conditions into account in designing a diet plan that will assist you to lose weight safely.

Do not exclude any major food group from your diet — Never engage in diets that recommend excluding and major food groups. Your body requires nutrients from all five food groups to function properly. Excluding any food group from your diet can result in serious health issues, including malnutrition and organ failure. Select a balanced diet that includes the five food groups below.

- Fruit and Vegetables (Vitamins and Minerals)
- Cerials, Bread, Rice, Potato and Pasta (Carbohydrates and fiber)
- Dairy, Milk & Yoghurt (Calcium for healthy bones)
- Meat, Fish, Eggs & Poultry (Protein for muscle development)
- Fats & Sugar

Even fat and sugar are required by the body to supply energy, protect internal organs, insulate from cold/heat and to assist in absorption of fat soluble vitamins A, D, E and K to prevent deficiencies in these vitamins.

Avoid crash diets or weight loss medications not recommended or prescribed by your physician -- Most herbal diet pills and supplements are neither regulated nor approved by the FDA or AMA, only use them with extreme caution. And remember, healthy eating habits and regular exercise are the most effective way to lose weight. Avoid crash diets like the "cabbage soup" and grapefruit diets as they are nutritionally unbalanced and although you may lose weight quickly, you will probably regain it soon after ending the diet.

Take note of these guidelines and develop a healthy, balanced diet plan that is appropriate to your needs. Avoid excessive calorie restrictions, excluding entire food groups and herbal diet pills that are not medically recommended. Consult your physician to request a tailored diet to meet your nutritional requirements. Once you know how to lose weight safely you can lose weight, then maintain it effectively using a combination of diet and exercise.

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