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# Easy Weight Loss Diets for Anyone

Are you fatigued, overweight and stressed? Are you seeking easy weight loss diets for anyone?

If you don't like what you see in the mirror then It may interest you that fat loss is easier than you think. One simple principle covers the whole Fat loss concept. The concept is so simple that even a child could understand it. What is that principle? "Eat less – move more". And this DOES NOT mean starving to lose weight!!

### Step One: Eat Less

Eating less doesn't necessarily mean a smaller volume of food. In fact, you can physically eat more and still lose weight... as long as you are eating the right types of food. The average diet in western society contains far too much fat, sugar and carbohydrates. We then wonder why so many of us are overweight or obese. Your body requires fuel to operate but it is up to you whether you provide healthy fuel, or unhealthy fuel. Consuming unhealthy fuels will result in an unhealthy body. Consume fat, it will end up on your waist, hips or wherever else you tend to store excess calories. Easy weight loss diets involve consuming less overall calories than your body requires.

Your body can only burn so many calories per day, don't eat more than it needs.

Foods you should consume LESS of include:

- Fried and deep fried foods
- White bread - Bread made from processed white flour causes an energy surge which quickly dissipates, leaving you hungry again.
- Full sugar soda drinks - 1 can of coca cola contains about 160 calories. Drinking four in a day provides 600 calories (OUCH!!). Switch to diet drinks!
- Processed foods like frozen pizza, chicken nuggets, oven bake fries and fish etc. These are high in fat and sugar and therefore also high in calories
- Take outs
- Sausages
- Reduce portion size of red meat. Portion size should be 5-6 oz (140-170g).
- Alcohol - Alcohol inhibits the ability of the body to burn existing fat stores.

Foods you should consume MORE of include:

- Vegetables
- Fruits
- Whole grains - oatmeal, wholemeal or wholegrain bread, whole grain cereal, muesli etc. Wholegrains provide slow burning energy leaving hunger satisfied for longer.
- Foods that are broiled, steamed, grilled etc (rather than fried)
- Eggs - Low calorie way to provide protein to satisfy hunger and build and repair muscle. And don't worry, recent scientific research indicates that eggs DO NOT increase bad cholesterol levels (LDL) though they may slightly increase good cholesterol levels.
- White meats - Fish and chicken cooked without skin. Again, portion size should be 5-6 oz (140-170g).

By following these recommendations you should stop gaining weight, you may even start losing weight. But easy weight loss diets always produce better results when combined with regular exercise which brings us to step two.

### Step Two: Move More

Carrying groceries from the car to the house doesn't really constitute exercise. You need real exercise.

Thankfully, that can be as simple as taking the dog for a walk. The general recommendation is that you receive 30

minutes of cardio exercise 3 times per week for peak health. If you want to lose weight, you need around 30 minutes per day. If it is difficult to incorporate exercise into your daily routine, take the stairs at work instead of the lift. Park your car in the furthest parking space from the store. Increase exercise at work by visiting colleagues instead of ringing or emailing to talk to someone in the next cubicle or office. Increase your movement, decrease your waistline – it's a proven fact. A couple of intensive workouts that burn more calories are skipping (burns as many calories in 10 minutes as jogging does in 30 minutes), or swimming, uses more muscle groups so therefore burns more calories.

You have probably heard all this before – but have you acted on it? Do you spend your time reading about how to lose weight, researching that new supplement, or looking for low fat recipes? Learning about diet and exercise doesn't count. You need to take action. You can do this by following the simple steps above to improve your health.

This post does not constitute medical advice nor should it be substituted for professional medical advice. This post titled "Easy weight loss diets for anyone" is intended for informational purposes only.

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