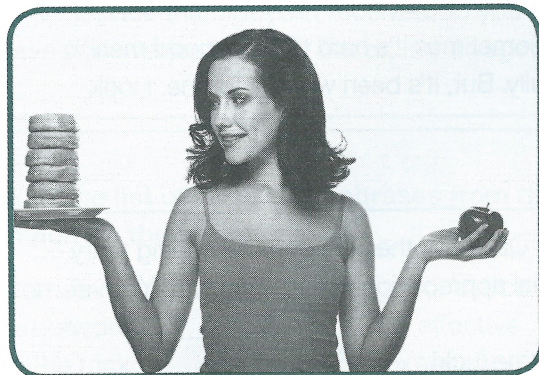




http://www.asrdietforum.com



ASR Diet Forum

Hi,

A question for you **veteran** dieters out there: What's the best way to lose weight and keep it off? I've tried all kinds of **fad** diets: low fat, low

5 **carbohydrate**, grapefruit, cabbage soup, you name it. I've always lost some weight, but I've never been able to keep it off. How do you do it?

JudyGirl, Spokane, Washington

Hi JudyGirl,

10 Fad diets haven't **done the trick** for me, either. The problem is that either you eat too much of one kind of food and get **fed up with** it, or you don't get enough of the foods that your body needs. So when you stop, you eat too much of the foods that weren't on the diet and the weight comes back. For me the solution has been **portion** control. I eat less but enjoy it more. For example, for dinner,

15 I'll fix a nice, attractive meal and put everything in front of me. I'll have a piece of meat, a cooked vegetable, and a salad. Everything is in **moderate** amounts but it looks great. I sit down and eat the meal slowly, and I stop when it's finished. No seconds! And no eating between meals! This method has really worked for me.

DrewT, Chicago

JudyGirl,

20 My secret to weight control has been "no white foods." You know, no white bread, pasta, potatoes, or desserts made with white flour and refined sugar. These foods have a lot of calories but don't contain much nutrition. You can still eat foods made with whole grains like whole wheat bread, crackers, and oatmeal. These foods are better for you, and they fill you up because they contain a lot of **fiber**. So think brown foods, not white!

25 QueenMother, London

Hi JudyGirl,

In your message you didn't say anything about exercise. As I'm sure you're aware, food is only part of the problem for overweight people. Many of us just don't exercise enough. That was my problem, anyway. I always had a pretty good diet, but I never exercised. Then I went to

30 a weight-loss clinic, and they asked us about our diet and exercise patterns. A counselor there said I should start exercising regularly, both for my weight and general health.

So I joined a gym and started to lift weights several times a week. Now I **alternate** lifting weights, swimming, and jogging. Exercise has made a huge difference in my life. I was able to lose 30 pounds, and I haven't changed my diet very much (though I eat fewer desserts). Also, I've kept off the weight

35 for three years now.

JimGym, Sydney