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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

JudyGirl, _____

Have you thought about becoming a vegetarian?

I used to eat a lot of meat. Actually, I just ate a normal American diet, but I ate too much junk food. I loved fast-food hamburgers! I wasn't terribly overweight—maybe 25 to 30 pounds,¹ but I still felt too heavy. Then a friend told me about the health benefits of a vegetarian diet, and I decided to try it. I didn't lose a lot of weight right away, but I kept losing slowly, maybe a couple of pounds a month. Now I'm down to my ideal weight (about 145 pounds).

I have to say that it isn't always easy to be a vegetarian. Sometimes it's hard to get a good meal in restaurants, and you have to plan your meals more carefully. But, it's been worth it for me. I look better, and I feel great!

Minjoo, San Francisco

Hi everybody, _____

Many thanks to all of you for your great ideas. DrewT and QueenMother, I'm definitely going to try portion control and cut down on white foods. And a special appreciation to you, JimGym. You've reminded me that I really need to exercise more.

Well, everyone, thanks to you I'm ready to try again. Wish me luck!

Love,

JudyGirl

¹25 to 30 pounds 1 pound = 0.45 kilograms

Reading Comprehension:

Check Your Understanding

A Complete the sentences with information from the reading. Write no more than three words for each answer.

- 1 JudyGirl is writing in order to get advice on dieting because, although she has been able to lose some weight, she hasn't been able to _____.
- 2 Thanks to portion control, DrewT eats less food but _____.
- 3 Although QueenMother doesn't eat white bread, she does eat _____ bread.
- 4 JimGym points out that food is _____ of the problem.
- 5 Minjoo thinks that sometimes it's difficult to get _____ in restaurants.

B Choose the best answer to complete each question or statement below.

- 1 DrewT doesn't eat _____.
a. meat b. slowly c. between meals
- 2 Which is not an example of a "white food"?
a. refined sugar b. oatmeal c. white bread
- 3 What did a counselor at a weight-loss clinic recommend to JimGym?
a. start exercising b. eliminate desserts c. stop smoking
- 4 What kind of fast food did Minjoo used to love?
a. French fries b. hamburgers c. chicken sandwiches
- 5 Whose advice did JudyGirl not decide to follow?
a. QueenMother's b. JimGym's c. Minjoo's