

Weight Loss Diet - What To and What Not To Eat

You have made up in your mind to get your previous body back in order to attend some function. How would you start? Have you done any research about the true facts regarding nutrition? I guess no. The only thing you hear all the time is to eat fresh fruits and veggies and get fit to set your old jeans on your thighs. These tasteless foods seem boring to you. It is a sort of punishment, that how many days will it take so that you will again shift in your tasty indulging chocolates and pastas. Then you see many foods labeled as 'diet' in your grocery store. Now you feel like ok! It wasn't that tough.

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Eat these 'healthy' yet tasty foods along with your fitness plans and exercise you are ready to wear your evening gowns. But these 'diet' foods you want to eat are illusions specially created for

people just like you in order to fall prey, literally. You need to know the truth behind all such stuffs and you deserve that what weight loss diet not to eat.

Some of the facts about these 'diet' foods are:

1. **No added sugar:** There are many products labeled as 'no added sugar' doesn't contain direct sugar crystals. The sugar is actually in the form of glucose or fructose contained in its added chemical syrups which has high amount of kilojoules of energy and is often misleading. People think they are not consuming sugar at all but they are taking it in some other form. There is still a lot of imbalance between the proportions of energy intake and burning it.

2. **Fat free:** There are many varieties of sweets that is often labeled as '100% fat-free' these days. These sweets or cookies never contained fats anyway. They always had sugar that too in huge amounts. Some 100% fat free foods don't contain fat but they do contain very high amount of salts which is also not a healthy choice.

3. **Cholesterol free:** Cholesterol-free diet is often preferred because people are facing troubles regarding their high cholesterol intake. Those foods which are labeled as 'cholesterol free' never contained cholesterol anyway. They do consist of other form of sugar and high calorie glucose or fructose.

This thing is now clear that everything is strategically planned to cover maximum consumers worldwide as possible. Now you might be thinking that you are trapped into some never-ending loop and are keen to fix it anyhow. So, the question is what weight loss diet to eat in order to get back the desired shape and be fit and strong healthy way?

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