



## Article Side

The Best Diets Available to Shed Those Extra Pounds! by [Amber Dorsch](#)

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If you are unhappy with your current weight, this article will show you how to lose weight fast by controlling your diet. First, you must know how to use weight loss shakes (protein shakes) correctly. They can be used to reduce your daily calorie intake by replacing certain unhealthy, high calorie meals (such as burgers) with it. However, it cannot replace all of your regular meals as it doesn't have the necessary nutritional benefits of whole foods. In addition, if you drink the shakes with your usual diet, you will instead consume too many calories, since the drink has calories of its own.

Search for a list of diets to lose weight and eat correctly. Added sugars, refined grains, sodium (salt content) and saturated fats play havoc with your weight. Therefore, read the labels first before you purchase any items. Sugars occur naturally in some foods, but sugars have been added to other foods that do not have natural sugar content. Consuming too much added sugar is bad for you. Studies have shown that the added sugar you consume can cause bad effects such as heart disease and high blood pressure. In addition, consuming too much added sugar will slow down your metabolism rate, resulting in obesity. The American Heart Association suggests that women should not consume more than 100 calories (25g) of added sugars per day while men's daily limit should be 150 calories (37.5g).

Refined grains are processed; this strips the whole grains of many vital nutrients like fibre. In addition, eating refined grains will result in bloating around your belly as it contains simple carbohydrates. Simple carbohydrates are digested very quickly, leaving you hungry and, thus, more likely to overeat. Therefore, it is better to modify your diet and eat whole grains rather than refined grains. By changing refined grains with whole grains, you will reduce cardiovascular, infectious and respiratory diseases risk.

Sodium is another food that you have to reduce as much as possible from your diet. It is found that an American eats 3,400mg of sodium per day, about 1,000mg over the daily limit. If you are able to cut that much out of your diet, you will lower the risk of getting heart disease by as much as 9% according to a study in the New England Journal of Medicine. Sodium is found in a variety of foods including soft drinks, soy sauce, canned food, packaged snacks, and processed foods like fish balls and fish cakes.

Saturated fats have high levels of LDL (bad) cholesterol, which can damage your heart and arteries. Therefore, do avoid foods with high saturated fats such as fried food, sausage and hot dogs. Be informed and eat right to stay healthy.

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[Amber Dorsch](#) - About Author:

Amber Dorsch writes about a [diets to lose weight](#). To know about [foods to lose weight](#) and diets to lose weight fast log on to [www.losebabyweight.com.au](http://www.losebabyweight.com.au)

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