There are so many diet plans on the internet, TV and in magazines that it can be extremely confusing knowing what to do, and who to trust. However, when it comes to designing a diet plan to reduce weight, there are a number of principles that, if they are followed, will do more than hundreds of theories and fad diets ever will. Here are the core dieting principles: Monitor what is eaten - honesty is the key here. It is vital that a food log is kept in the initial stages of the diet, so that empirical evidence is kept. This allows dieters to know what mistakes were made and what can be improved in the next few days. Many people feel guilty, but committing to a food log is one of the core principles. What gets recorded, gets improved. Don't starve - starvation diets are extremely unhealthy and should be avoided at all costs. While people will lose weight at first (obviously), it cannot be maintained, and yo-yo weight problems ensue. Instead of doing this, people should reduce portion sizes a little at a time. Diets that create drastic changes are almost never successful. However, removing deserts from mealtimes is something that can be done without feeling hungry. After this becomes a habit, other simple changes can be made. The principle here is a small progression over time, which can be multiplied over weeks and months. This is the foundation of a program for [weight loss](#). Cut back on carbohydrates - carbohydrates are the biggest reason for excessive weight gain. One very simple dieting method is to half your

carbohydrate intake and replace it with fresh vegetables. An unlimited amount of vegetables can be consumed without noticeable weight gain. If people find it difficult to cut back on carbohydrates, which many people do, they should stick to eating the best types of carbs (sweet potato, rice and pasta). Avoid any fried food, and packed goods. Focus on protein - food that contains a lot of protein are the best foods for people who want to reduce their weight. This means eating steak, chicken, turkey, eggs, and other similar meats. Protein is used by the body to build muscle, and it will not be turned into fat. It is important that people looking to lose weight realize that having more muscle will help to burn more calories (as muscle requires more energy to be sustained). This will help to elevate their metabolism, which is vital to someone who wants to reduce their waistline. Plan meals - one of the major causes of a failed diet plan is because meals are not prepared. It is when people become hungry that emotional eating starts, and why people reach for junk food or sugary foods. However, by preparing foods a few days in advance (or at least the night before), this possibility is removed. Eating the right foods then becomes a matter of course, and the right habits are built.

Summary - use the principles above to design a diet plan to reduce weight. By using these principles, people can lose weight and know how to adjust their diet to reach their goals. Designing Your Own Diet Program To Lose Weight