Article Side

6 Diet Tips Today That Make a Difference Tomorrow by Joshua C Kozak

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A lot of hard work goes into having a lean physique, but these 6 diet tips will speed up the process! In order to lose weight it is vital to eat frequently and slowly. Donâ€™t forget breakfast and make sure to drink plenty of water. Protein needs to be present at every meal while making sure to create a calorie deficit. Here are some more details.

Eat more often! By eating a meal every 2 - 4 hours you will actually help yourself lose weight. The average overweight person only eats twice per day. By eating 5 â€“ 6 times per day you will raise your metabolism and feel less hungry throughout the day.

Donâ€™t rush when eating your meals. It takes up to 20 minutes for your brain to get the message from your stomach that it is full. Eat your food slowly and savor every mouthful. The slower you eat, the more full you will feel and thus you will eat less food.

Itâ€™s important to not forget breakfast! Research has come out that found those who skip breakfast have a harder time losing fat. Breakfast is essential for getting your metabolism burning calories in the morning. After you've starved yourself for at least 8 hours while sleeping, it is important to eat.

Drinking water is vital to healthy dieting because water is a fundamental part of human biology. Many overlook how dependent we are on it. Water helps digestion and absorption of food, regulates body temperature and blood circulation, carries nutrients and oxygen to cells, and removes toxins from the body just to name a few things. Water also plays a huge part in losing weight. Water doesnâ€™t contain any calories and is considered an appetite suppressant. H20 also helps the body metabolize stored fat. Drinking 8oz of water before dinner can be a great trick to help from overeating.

Eat protein at every meal. Protein is the missing link in many failed diets. Eating them makes you feel fuller longer, they are the building blocks of muscle, and they donâ€™t spike your insulin levels like starches. Your dinner plate should be 2 parts protein and 1 part carbohydrate, not the other way around.

No matter which diet you choose, you need to understand how calories work. To lose 1lb of body fat, you must burn 3500 total calories. If you burn 500 calories more per day than your maintenance calorie intake for a week under, then you will lose 1lb per week. To find your maintenance calorie intake calculate your BMR and add your calories burned through activity. To lose 1lb per week, subtract 500 calories from your maintenance level.

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Joshua â€œCoachâ€• Kozak has been a fixture in the world of health and fitness for over 10 years. The number one workout schedule for a getting in shape on the internet! Get motivated by a work out quotes

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