

# **WARNING SIGNS OF A BAD DIET**

**“Tip for Living Well”**

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**1. Forbidden Foods.** Any diet that restricts or cuts out whole food groups is a guaranteed road to problems. Not only will the deprivation lead to bingeing; it cuts out exposure to nutrients and nutraceuticals that are vital for vibrant living. Although there are certainly wiser choices to be made, all types of real food fit into a healthy diet.

**2. Very Low Calorie.** A normally active woman trying to lose weight should consume no less than 1500 calories per day; a normally active man trying to lose weight should consume no less than 1800 calories per day.

**3. Speedy Results.** For healthy, permanent weight loss, you should aim to lose no more than one to two pounds per week.

**4. No Exercise.** A healthy weight loss plan should encourage at least thirty minutes of moderate-intensity exercise four to five days per week.

**5. Infrequent Meals.** It's best to eat before you get intensely hungry. For most people, that's at least every three to four hours.

For more information, and how to lose weight without dieting, see The Diet Trap at: <http://www.pamsmith.com/catalog>