THE BEST WAY TO GO WHEN DIETING

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Dieting is always a “fad”, it seems. Here and there, now and then, you will hear people say they are on a diet. But what is in dieting, really? How, as health advocates, do we help people understand what dieting really means and how it should really be done?

First and foremost, the best thing to put emphasis on is dieting should not only make you fit or sexy, but it should make you healthy. What does that? Eating a diet that contains three macronutrients is the best. Carbohydrates, fats, and protein take the major roles.

Research shows that the best way to go is to have the protein first before putting in the carbohydrates and fats. This does not only help in the dieting but it also does lots of wonders in your glucose levels. This was tested in a series of studies where diabetic patients were given protein and fibrous foods followed by carbohydrates, and these people showed lower glucose levels. Those who consumed carbohydrates first showed the opposite.

What is the catch for dieters then? If you have lower glucose levels, that means you have lesser sugar to store and burn. When you have more sugar to store and you do not actually use them up, they turn to unwanted bulks in your body.

Dieting is not always “eliminating” foods. It is about focusing on what is the healthier options. Choose healthier food options such as fruits, vegetables, and protein-rich foods instead of munching on French fries and burgers. Dieting is not about starving yourself. Plan your meals and take food in moderation. What you think is not good such as too much rice becomes the “not good” because of the amount, not the rice itself. The
best and safest way to go then is the amount you take in. Make sure you can expedite all the energy the food you took in your body so you will not have excess to store as bulk in your physique.

References:

