

Fast Diets

Because just about everybody hates dieting, finding a fast diet to quickly lose weight has created hundreds of fad eating plans. Many of these diets do result in weight loss, usually about five to ten pounds. However, the true test of a fast diet rests in the aftermath.

Fast Diet Examples

One fast diet is the 3-Day Diet, which consists of eating under one thousand~~1000~~ calories a day. This could result in weight loss of up-to five pounds in just three days. Following a very strict food plan, the meals mainly consist of high-protein foods (such as tuna and eggs), as well as some fiber (bread and fruit-). Losing five pounds in three days can be extremely helpful, especially if you are cramming for a PT(spell out) or other strict fitness test.

Another fast diet is the Special K Diet, designed by Special K to specifically help women lose five to ten pounds in two weeks. The diet is fast, but your body is not sent into starvation mode, and as a result, it's much more manageable compared to the 3-Day Diet. Substitute two meals a day with a proper serving size of a Special K cereal, protein bar, or shake. Eat one meal as you normally would.

Does a Fast Diet Work?

Obviously, as eating brings in calories and consequently fat, cutting back on eating will result in some weight loss. Additionally, a fast diet that drastically reduces the amount of calories you are taking in will shed pounds.

The real test of a fast diet, however, lies in the extended results.

Unfortunately, while fast diets get weight off initially, the results overwhelmingly vanish within a couple of weeks. A fast diet is usually a yo-yo diet. The weight goes off quickly, but just as quickly as you get off the diet, the weight comes back on.

Yo-yo dieting is extremely ineffective, as well as hard on your body. It's not healthy to be constantly losing weight and putting it back on quickly. More often than not, the weight you lose is not only replaced, but more is added on. This is because fast diets are not diet plans that you can continue to follow. The 3-Day Diet can hardly be sustained for three days, let alone be made into a life habit.

Our bodies are in such need of vital nutrients—and just plain energy—after significant crash diets, that people tend to respond by overindulging in foods afterward. They feel since they have gone on a diet and lost weight, they can

splurge afterward.

A diet that works is one that is sustainable and can be made into a life-long habit. It is harder at first and takes diligence and persistence, but the results are longer—even lasting. Doctors recommend a safe weight loss of around two pounds a week. This can vary by person, so be sure to ask your doctor about a realistic diet plan for you. Skip the temptation of fast diets and instead create successful, healthy eating habits that will last you a lifetime.