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Weight gain diet plan for female pdf

iStock/Thinkstock Most diet plans give you a lot of guidance on how to lose weight, but then leave it on your own once you've dropped the pounds—which is unfortunate because maintaining your new size is often harder than getting there in the first place. That's why we were pretty psyched when we heard about the two-day diet, which is designed to be a simple and doable diet plan that will help you lose weight and maintain it. MORE: This man dropped 130 pounds in one year and his family's reaction will make you cry plan was developed by Michelle Harvie, PhD, research dietitian, and Tony Howell, breast cancer research director, both of whom work together at the Genesis Center for Breast Cancer Prevention in south Manchester, England. They instruct you to first lose weight by dieting for two days a week and eat normally (but monitor your portion sizes) for another five days. But what makes a plan effective isn't so much what you do to slim down initially — that's what you do to keep a new character. Once you've dropped the weight, you can switch it so that you only diet for one day a week, not two—and that, say Harvie and Howell, is enough to keep the weight off long term. Interestingly, people tend to choose Tuesdays or Wednesdays as their particular diet days because it means they still have weekends to enjoy happy hours, housewarming parties, and the like. Then they can use Monday to recover and get into a good frame of mind for their stricter Tuesday or Wednesday. But of course, it is up to you which day works best for your lifestyle. MORE: 4 habits that give you back any weight you lose another key part of the plan? Incorporating at least 30 minutes of moderate exercise into your day will actually reap the benefits of a two-day diet, researchers say. But that doesn't mean you have to sweat it out in the gym every day—even easy walking counts. As long as you do something to get your heart rate up. MORE: One of the reasons you can overeating This content is created and maintained by a third party and imported to this site to help users provide their email addresses. You may be able to find more information about this and similar content on piano.io I recently cut all the added sugar from my diet throughout the week. For my experiment, I also banned artificial sweeteners. Why? Well, first of all, it was like a cop out. But mostly this is because emerging research suggests fake things may have some of the same disadvantages as real sugar-like being not so great for our waistlines. Diet drinks, sweetened with artificial sweeteners such as aspartame and sucralose, are either very low calorie or calorie-free. Recent studies suggest they may still encourage weight gain. However, the relationship is complicated and quite controversial. Epidemiological studies examine the link between people who consume diet soda and weight and those who do not consume it, usually showing that consumption is with higher rates of obesity and higher rates of other metabolic complications, Allison Sylvestsky Meni, Ph.D., an assistant professor at the Milken Institute School of Public Health at George Washington University, tells SELF. The problem is that these results come largely from observational studies and may suffer from a bias called reverse causation, says SELF, a research scientist in the Department of Nutrition at Harvard T Chan School of Public Health, tells SELF. Reverse causation basically means it's hard to know if x caused y or if y actually caused x. Looking at diet soda is a real problem. People who drink diet soda may already be overweight or have [metabolic] disease, explains Malik. When you consider that relationship, you have to be skeptical of the association. Malik also notes that compared to drinking regular soda and other sugary drinks, eating options seem to be better. When we looked at it at Harvard, we found that diet soda was associated with less weight gain compared to regular soda, he says. She also links to two randomized, controlled studies that showed less weight gain by drinking diets vs. regular. Indeed, the evidence points to the benefits of diet consumption and weight retention at least in the short term. There is some evidence that diet soda drinkers have a similar risk of type 2 diabetes for regular soda drinkers, Meni says. It could just be the idea of reverse causality, and that these people are already at risk, he adds. But it's likely to combo that and some other mechanism. Although both experts agree that the evidence is sparse and more research is needed (and ongoing), they cite several viable scientific explanations for the link between diet soda and weight gain. Here are the most promising four.1. This raises your sweet expectations. Artificial sweeteners are 200-plus times sweeter than regular sugar, so one concern is that if you consume these drinks, you can get used to sweetness, says Malik. It can then affect you to consume more sugar or sweet things in general, which rock-solid evidence shows is associated with weight gain. This is really the number one justification why some people believe that these artificial sweeteners could be backfiring. 2. Your brain registers fake sugar as the real thing. One area of research focuses on how artificial sugars trigger sweet receptors in the brain. Our body expects that the sweet taste will be followed by an influx of calories. But with artificial sweeteners, they don't, so your brain gets confused. When you have artificial sugars, you get that sweet feeling without calories, explains Meni. Some experts believe that this disconnection leaves the body craving those calories that they now think are missing, leading to overeating and, ultimately, weight gain.3. Your body can still try to process an artificial sweetener as if it were real sugar. Eating sugar signals our bodies produce insulin for processing, and some studies suggested that the same answer happens even if we are doing fake things. Some smaller studies have shown that it could actually promote an insulin response, says Malik, which means your body releases the hormone in anticipation of elevated blood sugar levels (that in this case never comes). Over time, too much insulin output can lead to insulin resistance, weight gain, and type 2 diabetes. But, he adds, the evidence is really pretty thin. Meni notes that most studies so far show that this potential link has been made to rodents. One 2014 study suggests a link between artificial sweeteners, the gut microbiome and glucose intolerance. Again, researchers are fascinated, but the evidence is not yet solid.4. You use diet drinks as an excuse to consume more calories elsewhere. Meni says she is currently involved in research looking at why people choose artificial sweeteners. For some, it's that if they do, they may have that extra cookie, which of course denies the effects, says Meni. Some observational studies show people who consume diet soda consume more calories and snack food—but again, the real cause-and-effect relationship is unclear. Diet drinks seem to be better for weight management if selected instead of full-sugar ones. However, experts still fear that artificial things are bad in the long run. These artificial sweeteners have zero to several calories, and when it comes to using them as a substitute for regular soda, it makes sense at least in the short term, says Malik. But we don't know long term what the consequences are of consuming these sweeteners. If you drink soda regularly, she recommends switching to a diet to reduce the risk of weight gain and things like type 2 diabetes—it's the smaller of the two evils. But ultimately, cutting soda completely and sticking to H2O (regular or seltzer), coffee and tea is the best choice for your overall health. Written by Jillian Kubala, MS, RD – Updated on December 3rd, 2018S nearly 39% of adults worldwide classified as overweight, the diet industry has never been stronger (1). Dietary foods, such as those labeled as low-fat, low-calorie or fat-free, are specifically marketed to people who want to be overweight. However, many dietary foods can do your waistline more harm than good. Here are 21 diet foods often considered healthy that can actually cause weight gain. Shares in PinterestSmoothies and protein shakes are angry on social media and in the wellness community. While some smoothies and protein shakes are nutritious and exceptionally healthy, others are loaded with calories and sugar. For example, some premade smoothies contain almost 14 teaspoons (55 grams) of sugar in just one bottle (450 ml) (2). What's more, some protein shakes pack nearly 400 calories per bottle (450ml) (3). Smoothies and protein shakes can be easily consumed too quickly, stuffing your body with excessive calories and sugar. Fat is nutrient that flavours of food. When fat is removed to reduce the calorie content of some products, sugar is usually added to increase taste. Many low fat yogurts are loaded with added sugars, which is not good for weight loss or overall health. For example, 1 cup (225 grams) of low-fat YoPlait vanilla yogurt contains more than 7 teaspoons (29 grams) of sugar (4). Interestingly, whole milk products may be a better choice than low-fat dairy products. In an 11-year study of 8,238 women, those who consumed more high-fat dairy products gained less weight than women who consumed low-fat varieties (5). Many people drink fresh juices from fruits, vegetables or combinations of both in order to improve health or increase weight loss. Although not all juices are high in sugar and calories, most fruit juices are. Regular drinking of fresh fruit juice can contribute to excessive calorie consumption, which can cause weight gain. Stick to juices that contain mostly non-starchy veggies such as kale and low-sugar fruits like lemon to control calorie intake. With many people cutting white sugar from their diets, alternative sweeteners marketed as healthy have become increasingly popular. Agave, coconut sugar and date sugar are just some of the many sweeteners available. While these products are often considered healthy, going overboard with any sweetener – even natural ones that aren't as processed as white sugar – can contribute to weight gain. For example, agave is higher in calories than table sugar and extremely high fructose, a type of sugar that can contribute to insulin resistance and fat accumulation (6). Since any type of added sugar can cause weight gain, it is important to limit overall sugar consumption – including alternative sweeteners. When trying to lose weight, you can reach for low calorie cereals to start your day. While these breakfast foods may be low in calories, they are often loaded with added sugars. In addition, many low-calorie cereals lack protein and healthy fats to help you feel satisfied. A study of 30 men showed that breakfast with eggs and toast provided greater fullness and led to significantly fewer calories consumed throughout the day than breakfast cereals (7). Dried fruit is packed with fiber, vitamins and minerals. However, since dried fruit is smaller and sweeter than fresh fruit, it is easy to freeze. In addition, a serving of dried fruit has more sugar and calories than the same amount of fresh fruit. Sucking to a 1/4-cup (50-gram) serving when snacking on dried fruit is an excellent way to avoid consuming too much. Although dried fruit is convenient, fresh fruit is a healthier option. From diet biscuits to fat-free chips, grocery store shelves are oversupplied with packaged diet foods. While these items may be tempting, most of them are unhealthy. Many dietary foods contain unhealthy fats and artificial sweeteners that can damage your body. It is best to replace these packaged, overly processed foods with nutrient-dense, nutrient-dense. Options. It is well known that caffeine acts as a mild appetite suppressant, leading many people to take their coffee intake when trying to drop weight (8, 9). Although coffee has many health benefits, you should abstain from some coffee drinks when trying to lose weight (10). Many such drinks – including lattes, frappes and cappuccinos – are rich in calories and sugar. For example, a Starbucks Venti Cinnamon Dolce Latte made with skimmed milk – and without added whipped cream – crams in 280 calories and 12 teaspoons (50 grams) of sugar (10). While a daily latte may seem harmless, sweet coffees could sabotage your weight loss efforts. Salads wedge full of fiber-rich vegetables can be very weight-friendly. On the other hand, those used in high-calorie dressing or topped with unhealthy ingredients are not. Premade salads, such as those in grocery stores or fast food restaurants, can be very high in calories, sugar and unhealthy fats. Making your own salad with a nutritious ingredient is a better choice. Many people rely on protein bars for a quick, convenient increase in energy. Although some protein bars are healthy and nutritious, others bulge with calories, sugar and artificial ingredients. For example, one PowerBar ProteinPlus Chocolate Brownie product contains more than 6 teaspoons (24 grams) of sugar along with 330 calories (11). A more nutritious whole-food snack can offer the same calorie and protein content – with much less sugar. Diet soda is often seen as a healthy drink because it contains 0 calories. However, research links diet soda consumption to weight gain – not weight loss. A study of more than 2,000 people showed that those who drank diet soda had a larger waist circumference than those who did not. What's more, those who consumed diet soda were more likely to have high blood sugar and high blood pressure than people who abstained (12). The diet was also found to have a negative effect on gut bacteria, increasing the risk of diabetes and other metabolic diseases (13). But keep in mind that association does not equal causation. While several studies have linked high diet soda intake with weight gain, there is no solid evidence that it is causing overweight or obesity. Granola is a filling breakfast meal beloved by many health-conscious people. However, while granola may contain nutritious ingredients such as oats, nuts, seeds and coconut, many are saturated with added sugars. To control your sugar intake, select granolas with no more than 6 grams of sugar per serving. Better yet, create your own granola at home baking wasova, cinnamon, nuts, coconut oil, coconut oil and dried fruit at low temperature. Sports drinks can be beneficial for athletes and anyone taking part in long-term, intensive training. However, these drinks are simply unnecessary for the average person. Sports drinks can be filled with sugar and can contribute to consumption of calories. Plus, any kind of sugary drink can spike blood which may lead to insulin resistance and weight gain (14). For example, a study of more than 7,500 children and adolescents noted that those who regularly drank sports drinks weighed significantly more than their peers (15). The peanut butter diet is low in calories and fat than regular peanut butter. Although this may seem like a good option for weight loss, the peanut butter diet regularly harbors unhealthy oils and added sugars. Natural peanut butter made from limited ingredients is a better choice for weight loss. Research shows that limiting added sugar can promote weight loss, so choosing natural peanut butter without added sugar is the best option (16). Low-calorie spices, such as salad dressings and ketchup, can be a hidden source of added sugars that can contribute to weight gain. Surprisingly, many low calorie dressings are packed with sugar. For example, only 2 tablespoons (31 grams) of Ken's Steakhouse Lite Honey Mustard dressing contain 2 teaspoons (8 grams) of sugar (17). Other spices that tend to be high in sugar include barbecue and tomato sauce. Many desserts and candies are marketed as healthy alternatives to more calorie-laden sweets. Although they may contain fewer calories than traditional desserts, low-calorie pastries, candies and other confectionery can be packed with sugar and artificial ingredients. In order to reduce calories while maintaining taste, manufacturers replace fats with sugars or artificial sweeteners. Added sugars can contribute to weight gain. Artificial sweeteners such as sugar alcohols can also cause digestive symptoms such as bloating, diarrhoea and gas (18). In addition, consumption of artificial sweeteners such as aspartame and sucralose is associated with an increased risk of obesity and may even promote appetite for sugar and addiction (19). Many people try to cut out high-fat foods when trying to lose weight. However, research shows that this can be counterproductive. One review found that low-fat foods and non-fat foods contained more sugar than regular versions of the same foods (20). Consuming even a small amount of added sugar can lead to weight gain, blood sugar problems and an increased risk of heart disease (21, 22, 23). What's more, diet and dietary restrictions are likely to increase the chances of future weight gain (24). Frozen yogurt is a popular dessert that is generally considered healthier than ice cream. Since frozen yogurt is often associated with health, it's often over-consumed. Many frozen yogurt devices allow you to fill your own glass, making part of the control difficult. In addition, the tempting, sweet toppings offered at most frozen yogurt stores can make things dessert with even more calories and sugar. To keep the intake under control, opt for the smallest yogurt cup available and choose natural toppings such as fresh fruit, unsweetened coconuts and nuts. Sushi can be a healthy or unhealthy meal depending on what it holds. Rolls stuffed with ingredients such as tempura prawns or sweet sauces can be packed with healthy ingredients such as fresh vegetables, avocados, fresh fish or grilled shrimp and opt for brown rice over white to boost fiber intake. Coconut water is one of the most popular natural drinks in the area. Although coconut water provides vitamins, minerals and antioxidants, it contains sugar and calories. One cup (240ml) of coconut water has 45 calories and 6 grams of sugar (25). While coconut water is much lower in calories and sugar than drinks like juice and soda, it is best to limit the consumption of any sugary drink. Many grocery stores offer diet foods aimed at vegans and vegetarians, as well as those that post low-carb meal plans. These products are often filled with artificial additives and added sugars, which can have a negative impact on health. In addition, these special items are often expensive, which can be hidden if you ate these kinds of foods daily. Focusing on whole, unprocessed foods instead of convenient packaged foods is always healthier – regardless of your dietary preferences. Although many diet foods are branded healthy, they can ruin your weight loss efforts. Products such as smoothies, frozen yogurt and low-fat snacks can negatively affect your health and even cause weight gain. What's more, research shows that dieting is not the best way to lose weight (26). Following an all-food diet rich in healthy fats, protein and fresh produce is the best way to keep weight on for good. But keep in mind that association does not equal causation. While several studies have linked high diet soda intake with weight gain, there is no solid evidence that it is causing overweight or obesity. Granola is a filling breakfast meal beloved by many health-conscious people. 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