

How To Cheat On Your Diet Without Cheating

How do you like the sounds of that? Can you really do that? Of course you can. The key is what you eat. You can't eat fattening, sugar filled pastries!

The truth is secret snacking is the downfall for many dieters. People don't even admit it to themselves. You sneak off and eat a box of Twinkies or candy bars and your diet is ruined!

Don't deny it, you know that if you have ever been on a diet you have cheated at one time or another. What happens is that your blood sugar gets low or you get a hunger pang and your brain tells you "You better eat something!"

You don't have to be a victim to these voices. You don't have to set yourself up for failure. You just have to prepare healthy choices.

The problem with most diets is that they inherently make you stay and feel hungry which is setting you up to be defeated. Most people do not have the willpower to deal with these feelings of hunger. Hunger is a normal function which is our body telling us that it needs something.

The solution to being able to "cheat without cheating" on your diet is to identify the foods that you absolutely cannot eat and plan ahead so that you have the healthy foods immediately available.

Let me educate you about what a healthy snack is. It is not something that comes in a box! You cannot get it from a coin operated machine. You have to stick to foods as close to their natural state as possible and don't be fooled by reduced and fat free labels.

Some of the healthy choices that you can eat for snacks include raw vegetables such as celery, carrots, cauliflower, and cucumbers as well as fresh fruits. Low fat yogurts are also a good choice and you can add a little fruit to it as well. Popcorn is a good low fat choice as well as long as you don't load it down with butter.

Plan ahead to allow yourself a healthy snack between meals so that you aren't waiting till you crave it, this will keep you from blowing it.

To ensure the success of your cheating without cheating plan be sure to plan your snacks ahead of time so they will be healthy and not blow your diet. Be sure to keep a variety on hand to keep you from getting bored with the same choices all the time.

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About the Author

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