

## Natural Weight Loss Dieting Program - Know Why You Are Fat

Have you ever wondered why you are fat and have considered going on a weight loss dieting program? If you did, then you must know why certain food makes you fat.

Most if not all of us are somewhat carbohydrate addicts. We have pastas, pizzas, white rice, spaghettis, bread, refined flour food and confectionaries in almost if not all our meals. Just look at the queues at the fast food joints on a regular day and you will know what I mean. Bread and sweet sugary drinks are the menu of the day, naturally.

Some of us are reluctant to embark on a weight loss dieting program to lose that excess baggage (body fat) because we think it is an exercise in sheer willpower and futility.

"You are asking me not to eat bread/rice/pizzas/hamburgers, chocolates and ice-creams my entire life? You must be nuts!" Sounds familiar? For those who incessantly snack on biscuits and chocolates between meals to stave off hunger while working at the office, here is why.

You unwittingly and naturally reach for such snacks because of the food you chose to eat earlier at an earlier meal. If you start the day with three or four slices of white bread spread with fruit jam or margarine and then wash it down with coffee and sugar, you can be sure you will be craving for snacks by mid-morning even though your breakfast was a filling one.

When your food made up primarily of carbohydrate, especially refined carbohydrate like white bread and pizzas, with little protein or fat, not to mention high in sugar, your blood glucose surges crazily following that meal.

To counter the effect of extreme glucose surge in your blood stream, your pancreas will pump more insulin than usual to bring your blood glucose level down. What happens then is that your blood glucose surges will then dip lower than your pre-meal level. When this happens, you start to get hungry and crave for more sweet stuff and more carbohydrate. This is why you reach for sweet snacks and drinks instinctively. Thus the vicious cycle continues again and again and you are eating more and more calories. So choosing the food in your meal is important so that you will not get hungry fast and then consume more calories to satisfy that hunger upsetting your natural weight loss dieting program.

When more carbohydrate is consumed than can be stored by your liver and muscles as glycogen, they are naturally converted to fat. So what should you do?

Well, you can start to limit your carbohydrate consumption (note that I said limit and not stop) and on top of that, choose slow digesting carbohydrates especially carbohydrate with fibers like fibrous vegetables, fruits, legumes, brown rice and brown bread, your insulin spike will not be so eccentric and therefore you will not get hungry or having your sweet tooth so often.

Now think about it, if you do not reach for your snacks and sugary drinks that often, it means that you are consuming fewer calories. So if your caloric consumption is less than your caloric expenditure, you are right on a natural weight loss dieting program without even realizing it. Better still, you are not going on a hunger and starvation diet because you will not get hungry that easily.

Just imagine now that you are losing weight naturally, what if you incorporate an exercise routine into your natural weight loss dieting program to burn off some more calories? Your natural weight loss result will be amazing wouldn't it?

Now that you know why you are fat, let's get started on this natural weight loss dieting program.

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### About the Author

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