**WHICH DIET SHOULD YOU CHOOSE?**

Every week there is a new wonder diet that claims to make weight loss easy and faster. There is so much information out there it can become confusing whom to believe.



An article that compared popular diet programs in overweight and obese individuals found that people lost weight following both low carb and low fat diets as well those on zone diet. They concluded that the best diet is the one that you can stick to for the longest.

The ideal diet is one that is best adhered to by you, so that you can stay on the diet as long as possible to get the best results

Because low carb worked for your friend doesn’t mean it’s the diet for you.

Its not the low carb that makes you lose weight – it’s the fact that you are eating less than what you burn, therefore you lose weight. The same rule applies for low fat, intermittent fasting etc

Having competed in physique comps for 5 years I have been on my fair share of diets. I have achieved my results eating low carb, high carb, medium carb, low fat, higher fat etc.

The one thing that remained constant throughout was calorie deficit and hitting my protein goal each day as well as training 3-4 x a week consistently – week in, week out, month in, month out, one day at a time. I had to find a way of eating that suited my lifestyle, working hours and food preferences in order that I may stick to it long enough to see it work.

There are no wonder diets; you cannot replace hard work, consistency and time when it comes to achieving your goal. The bigger the goal the greater the effort required to achieve it and the bigger the sacrifice.