

Published based on [How Long Should I Diet for?](#)

How Long Should I Diet for?

In our society we are constantly inundated with ads for weight loss drinks, pills, foods, miracle drugs and exercise videos and books. These all promise you fast [weight loss](#).

Every person has different nutritional requirements. There are many variables to take into account when asking **How Long Should I Diet For?**

Read the definition of dieting at **Askoxford.com**. It simply states that a **Diet** is the amount and type of food you eat. Every culture has their own diet. Every animal has a specific diet as well (in the wild). A monkey has a diet that consists of fruits, leaves and vegetables. Do we ever ask if the monkey is trying to lose weight? We need to change the stereotype of the word diet and create a definition of our own using the term given by **Askoxford.com**.

[Diet](#)- The food we eat every to provide us nourishment.

This definition is simple and effective. But it doesn't tell us **How Long Should I Diet For?** If your Diet is the food you eat to provide nourishment for yourself and you need to eat everyday. Then the answer to **How Long Should I Diet For?** Is **FOREVER!** Yes it's that simple. Losing weight and keeping it off is a lifestyle choice. If you take the weight off and then go back to your former way of eating the weight will come back on and possibly bring some more with it.

You need to make a fundamental shift in the foods you consume. Most people eat two or three meals a day. If you are like most North Americans you probably rush out the door skip breakfast; grab a coffee and a bagel with cream cheese or a muffin. At lunch time you probably grab a Sandwich and chips and wash them down with a pop. When you get home at the end of the day you are probably starving. You grab whatever is fast and available. These are all empty calories, fat, laden with preservatives and sodium.

We need to minimize your calorie intake spreading your food throughout the day. Eating 3-300 calorie meal and 3-200 calorie snacks. This is enough food to support all your body functions. To make these meals satisfying eat fresh produce, whole foods, whole grain breads and cereals. I've lost 20lbs and kept it off following this method. Sometimes I cheat but I never berate myself or give up. I get back to it the next day. I even allow myself to have a friday night pizza binge and haven't gained weight!

If you want to change you life, lose weight without feeling deprived of your favorite foods check out the **Strip That Fat** software program. This software allows you to choose the foods you love and to eat them responsibly.

Stop asking yourself [How Long Should I Diet For To Lose Weight](#) and take the weight off permanently with The AMAZING [Strip That Fat Weight Loss Software!](#) [CLICK The Preceding Link.](#) [If you are serious about changing your life.](#)

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