

Published based on [Popular Diets - Excellent Dynamic Methods To Lose Weight And Maintain Your Ideal Body Shape for a Long Time](#)

# **Popular Diets - Excellent Dynamic Methods To Lose Weight And Maintain Your Ideal Body Shape for a Long Time**

If you check it out, you may find that nearly everybody is following some dieting guideline or another, while other people are planning to introduce popular diet plan fads into the world. Lots of people are on diets, but they aren't sure if it will really work for them, while other people who are on diets are living testimonies from the fantastic effects of dieting. Many who are obese or overweight are always trying some new diet plan or another, to lose fat and stay healthy. You will find several types of popular diets that have been proven to be effective in losing weight. Let's look a few from the much more popular diets that many people are trying.

### The Atkins Diet Program

The Atkins diet is also known as the "low carb" diet plan and it became popular in 1972 when Dr. Atkins published his first book on Nutritional Approach. This particular diet plan was created to make you lose weight fast, however, if you are not careful, then the fat will return after a period of time. This diet plan is 1 of the most popular diets today, but it's a very controversial subject, as many have complained of heart problems and kidney damage due to following the guidelines of this diet plan.

### The Medifast Diet Program

The Medifast diet is one more popular diet, mainly because the food comes pre-packed and therefore all you need to do is microwave and consume the foods. In this diet plan, you will forgo complicated foods preparations and you will get a wide selection of different types of meals for all your food servings that includes snack bars, eggs, soups, cold and hot drinks and even puddings; to give you a few examples. The reason why Medifast is so popular is because it will guide you from 1 level to another until you have reached your dream weight.

### The Paleo Diet Program

Definitely a diet fad! The emphasis is on the type of foods that individuals ate ages ago, like in the days from the ancient cave men or individuals who inhabited forests. This diet plan allows you to consume foods like nuts, roots, meat and fish, while you are not allowed to consume grains, dairy, salt and sugar. Even though anthropologists have dismissed claims of its effect, you will find some who have testified to its contribution to assist them lose fat. (Come to think of it anyone would lose fat if they abstain from sugar.)

### The South Beach Diet Program

This particular diet was created by a Dietician and a Heart Specialist. It also increased in popularity due to its designed purpose of preventing cardiovascular diseases. This diet plan is composed of three stages with a central objective of replacing all the bad fatty acids with good fatty acids. Even though each stage will allow you to consume particular foods until you reach your ideal weight, the issue is, it doesn't last long, mainly because the fat creeps right back on.

All these popular diets are only effective in helping you sustain your ideal weight, if you continue to consume those healthy organic fresh foods in moderate portions. If you're on a popular diet plan be particular to set realistic goals. Also, you will need to practice sensible eating habits to get that shape that you have always desired.

Brent McNutt enjoys working with healthcare professionals. He is an avid writer for UniformHaven.com, which offers [urbane scrubs](#), [landau shoes](#), and [baby phat lab coat](#). He also likes hiking, exercising, and camping with his family.

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