

Published based on [The Best Diets For Women!](#)

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The U.S. Food and Drug Administration recently published an article called "Calories Count". The report states that [obesity](#) is a serious public health problem in the U.S.. Check out the [best diet to lose weight fast](#). Since the 1980's adult obesity has been increasing. Now 64% of Americans are overweight and over 30% are obese (more than 20lbs overweight).

15% of children and adolescents from 5-19 are overweight. More than double the rate of 20 years ago. Being overweight contributes to coronary heart disease, diabetes (type 2) and certain cancers. Over 400,000 deaths each year in the United States are attributed to obesity.

It is important for people to know how to lose weight so you can improve your health. "We know that physical activity along with reduced calorie consumption can lead to the 5 to 10 percent weight loss necessary to achieve remission of the obesity-associated complications," says William Dietz, M.D., Ph.D., director of the Division of Nutrition and Physical Activity at the Centers for Disease Control and Prevention (CDC).

Ken Black states, "losing one to two pounds a week is safe and recommended by most doctors for most people. This breaks down to 250 to 1,000 calories per day.

How do you achieve healthy [weight](#) loss follow the following rules...

1. Switch to skim milk cutting out the extra calories from whole milk or cream.
2. Eat low fat yogurt instead of ice cream.
3. Eat brightly colored fruits and vegetables (green, red, yellow, orange etc.).
4. Eat lean chicken, fish or turkey, in place of red meat.
5. Eat whole wheat or multigrain bread. Sprouted grain breads are the best.
6. Find a healthy sugar alternative such as stevia, agave, honey or maple syrup (avoid Aspartame).
7. Drink lots of water instead of soft drinks or juice.
8. Avoid fried foods or deep fried foods.
9. Speed walk, dance, jog, ride your bike play Tennis or do whatever you love to do that gets your heart rate up for at least 20 minutes a day.

Here are some pointers on losing weight

If you follow these guidelines you will lose weight healthfully and quickly (10 lbs. or more in 6-8 weeks).

If you are concerned about hunger carry healthful snacks with you. Allow yourself to get more sleep.

If you follow these simple steps, you will surely reach your weight loss goals and become a much happier, healthier, and oh yes, lighter person.

For more information check out the [best diets to lose weight fast](#) .

Or discover [how to lose weight!](#)

You can also find this article published on [The Best Diets For Women!](#), and on the tag pages [calories](#), [cancer](#), [coronary artery disease](#), [diabetes](#), [hunger](#), [lose weight](#), [obesity](#), [overweight](#), [physical activity](#), [weight](#), [weight loss goals](#).