

Can I Lose Weight with Diet Alone?

The short answer is yes, you can lose weight with diet alone. The truth is, that diet is the main determining factor in whether or not you will lose weight. Many people think they need to devote hours a day to exercising if they want to lose weight, but the truth is that if you want real, lasting weight loss, all you need to do is change your diet.

Here are some small diet changes that anyone can make to start losing weight without making any other changes:

1. Cut Out Soda

Even drinking just one can of soda a day can increase your chances of being overweight by up to 65 percent, according to a study done by the American Diabetic Association. By simply cutting out the soda that you're drinking and replacing it with unsweetened green tea or plain water, you can lose weight without even trying, and save money on sodas to boot.

2. Eat More Protein

You should be getting between 25 and 30 percent of your daily caloric intake from protein. The best way to make sure you're doing that is to cut out half the carbs on your plate and replace them with a lean source of protein. Getting more protein in your diet will help you feel fuller for longer so you won't need to eat as much at your next meal.

3. Eat on a Schedule

When you set up an eating schedule for yourself, you're much less likely to over-eat during meals because you'll be eating before you get too hungry.

The best schedule to set up is 5 – 6 smaller meals spread out throughout the day, about 2 – 3 hours apart. Set alarms on your phone if you need to, and you'll soon find yourself losing weight without trying.

4. Snack Right

When you're looking for something to snack on, it's usually junk foods that are easiest to grab, so keep yourself from falling into this temptation by providing plenty of healthy snacks for yourself. Keep fresh fruit like apples, bananas, and oranges on the counter where you can see them, and bagged veggies or yogurt at eye level in the fridge where they're easy to see and take with you.

5. Quit Pre-Eating

Many people fall into the trap of eating before they actually eat, especially if they're cooking a big meal and frequently taste test it as they go. These little tastes add up to hundreds of extra calories that you're not counting since they're not in your actual meal. To avoid pre-eating, have a big glass of water on hand while cooking or baking and drink that instead of sampling your food before dinner.

6. Satisfy Your Cravings

Often, when you have a craving for something, it can be hard to know exactly what you want, so you end up eating a bunch of things until you find something that finally satisfies it. Take a few moments to identify what exactly you're craving, then look for a healthy version of that to satisfy you. Most cravings fall into one or two of the following categories: sweet, salty, crunchy, or creamy.