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# **Basic Things To Know About Calorie Dieting Plans**

Before appearance of such dieting plans as Atkins and other low carbohydrates diets on the market, the most popular way to lose the weight was a low calorie dieting plan. These dieting plans are still popular, but it is the best to follow such dieting plans under the supervision of the doctor, especially in the case of the very low calorie dieting plans.

The main work principle of such dieting plans is very easy. Your organism requires calories to do all the basic functions and day to day activities. In the case you cut down the total amount of calorie intake, then your body will use the stored fat generating energy and you will drop several pounds.

Probably the most beautiful thing about low calorie dieting plans is that you could eat anything as long as you do not exceed the daily calorie limit.

However, switching to very low calorie dieting plan as a rule less than 800-1000 calories is tricky. With very low calories your organism could start using lean muscles instead of fat for creating the energy. And when you stop this dieting plan you will gain a lot of weight in quite a short period of a time. It happens because of one very simple reason - your body recognizes this as the end of the starvation and starts to store all that you eat in the form of the fat for later use.

In the case you are going to follow a dieting plan that is based on limiting calories then you need to decide on the minimum calories that your body is needed for day to day functioning. For women this amount could be about 1800-2000 calories and for men is could be about 2000-2400 calories. However, in the case you are more active then you may need an additional 500 calories a day.

The next step will be to keep a track of caloric intake. You will need to read the labels on food items and keep up a daily to keep track of what you are eating. It is important in the case you are serious about a low calorie dieting plan. There is absolutely no point in guessing and following this diet. You will need to know the exact amount of calories that you are eating.

When you are cut down in calories you are feeling the hunger. It happens as the portion sizes will be much smaller and your stomach might not fill up. You will feel hungry till your body gets used to new regimen. In the case you are extremely hungry you could have some fruits.

You need to be sure that you include all the food groups - fats, proteins and carbohydrates. You need to keep down the level of fats consumed and include a lot of fruits and vegetables that are high in fiber.

Many people who have "weight issues" wonder if it is possible to [lose 10 pounds](#). At first sight it looks like the answer should obviously go like this, "Of course, it is possible to [lose 10 pounds fast!](#)" But this is not so easy, especially if we are talking about to [lose 10 pounds](#) permanently.

That is why if you are properly armed with the knowledge in your sphere of interest you can be sure that you will always find the solution to any bad situation.

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