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Ideas - Alternative Methods Than Calorie Counting

In any weight loss diet calorie counting can be extremely irritating. Some dieters swear by it and take it a little bit too far while others never even consider it.

But is it a good thing?

It is a difficult question because obviously knowing the calorie levels in food can help in sticking to a recommended level. But the problem can be when you get too concerned with the number of calories in everything you eat and it takes the fun out of eating nice food.

If you have not been checking calorie numbers on food then it is a good idea to get an idea about what the food you eat contains. Doing this will give you a good idea of the nutritional value of your regular meals. Check out [Best way to lose weight](#).

After doing this for a while you should know when you are eating too much or too little. This will help you to stick to your plan without needing to worry too much about counting every calorie you consume.

For the people who are too eager to take part in calorie counting then you might like to try a period without it and see how much impact it has on your results and overall attitude towards dieting. Click for [Fastest way to burn fat](#).

An alternative to calorie counting is to pay close attention to portion sizes which can often be the root of the problem. Being aware of portions and the nutrients in your meals is very important.

You really should pay attention to portion size as it is a problem for a lot of people. It is easy to get used to eating a lot of food and convincing yourself it is okay because of the types of food you are eating. But getting into the habit of eating a lot will not help you to lose weight and will mean you pick up bad habits too.

A good middle ground balance that could suit most people is to think about your meals for the upcoming week. You can set up a plan for what you will eat and pay attention to the calorie levels. If you then buy the food you can stick to your plan without needing to check calorie numbers on food tins for every meal or snack.

And you can also feel okay with not sticking to the plan 100% as long as you are roughly within the limit. If you may dieting a chore then there is a good chance that you will not follow it for long so give yourself the best chance of success.

Visit [Eating habits to lose weight](#).

As long as you have some commitment to losing weight then you just need to follow a moderate diet and exercise plan and this should be all you need to achieve your goals.

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