

# VENICE PLASTIC SURGERY

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*Cosmetic, Reconstructive, Face, Breast, and Hand Surgery*

## ***The weight loss diet***

There are many dieting techniques. I call many of them fads. Those with weight gain problems jump from one diet to another because they are not getting the results that are promised by the technique. Regardless of the type of diet they all have one thing in common. They require that you consume less calories than you normally burn each day. Therefore you must use up some of that stored up fat energy.

The biggest fallacy in dieting is that people often use their friends as a standard. "I eat less than everybody I know and I still gain weight." The problem here is that everybody is different. Even though you eat half as much as your skinny friend you need to eat even less if you are gaining weight on that amount of food.

There are some tricks in dieting. There is a certain amount of food we each like to put in our mouths. If they are mostly fat containing foods they will have a high density of calories. The more excess calories you consume the fatter you will become. If you eat the same volume of foods that are instead mostly undigestible dietary fiber then less calories are consumed. Here you eat the same amount of food volume but gain less calories.

If you are overweight and want to lose weight you have to change your dieting habits. There is no other way to do it. The simplest form of a weight loss diet may be to just eat less of the same foods you like to eat. What could be easier than that? I am not discussing the quality of the foods you are eating here yet I do consider this as the easiest form of dieting for those who cannot manage to make big changes in their eating habits.

My favorite weight loss diet is actually no diet at all. I shall explain. Let us say you weigh 180 and you want to be 120. You simply eat that diet appropriate for your needs at that weight. Start today. If I could wave a magic wand and make you a perfect figure at 120 it should be easy to maintain that for the rest of your life if you eat right for that weight. Again, it does not matter what the next guy eats, it is your metabolism that you must maintain.

You will always weigh 120 if you consume that diet just right for you at that weight. If you happen to weigh more than that right now you will lose weight until you reach your balance at 120. If you are skinny and weigh less than that you will gain weight until you reach 120. All you have to do is eat right for your needs at that target weight of 120.

Obviously a well balanced diet is best. You should consult a dietician or doctor before a serious diet. Normal individuals with good eating habits should not require vitamins. Save your money. There is no need to go on a diet to lose weight. Just eat your normal amount of food for that weight you want to be.

**The above represents the opinion of A. E. Haas, M.D.  
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**Just call us directly. No referral needed unless required by your insurance company**

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