

5 Signs of a Bad Diet

1. Forbidden foods. Any diet that restricts or cuts out whole food groups is a guaranteed road to problems. Not only will the deprivation lead to bingeing, but it also cuts out exposure to nutrients and nutraceuticals that are vital for vibrant living. Although there are certainly wiser choices to be made, all types of real food fit into a healthy diet.

2. Very low calories. A normally active woman trying to lose weight should consume no less than 1500 calories per day; a normally active man trying to lose weight should consume no less than 1800 calories per day.

3. Speedy results. For healthy, permanent weight loss, you should aim to lose no more than one to two pounds per week.

4. No exercise. A healthy weight-loss plan should encourage at least 30 minutes of moderate-intensity exercise four to five days per week.

5. Infrequent meals. It's best to eat before you get intensely hungry. For most people, that's at least every three to four hours.

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