

Secret diet plan - Mediterranean Diet Secrets Revealed

Contributed by Amy
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Are you struggling to lose weight? Is so, you are not alone. Obesity has become an epidemic in the United States. However, there is no medical intervention to turn this crisis around. To make matters worse, Obesity is not only afflicting adults but children also. And if you are like many people, you try to lose the weight by following a diet and exercising, but the weight just won't come off. Sound familiar?

However, this epidemic is primarily in the United States. Why? Researchers turned to other countries to find out what they are doing differently to prevent Obesity. There have been countless studies on the Mediterranean Diet by scientists trying to discover why the cases of heart disease and obesity are so low in the countries that border the Mediterranean Sea. It was part of this research that the Mediterranean diet secrets were revealed.

A traditional Mediterranean diet consists of an abundance of vegetables, legumes, fruits, nuts and cereals and regular use of olive oil (monounsaturated fats), moderate amounts of fish and dairy products (mostly yogurt or cheese), small amounts of red meat (low intake of saturated fats) and moderate consumption of alcohol, usually in the form of wine and consumed at meals.

Among those studies, Ancel Keys (now 96 years of age) was one of the first people to promote the health benefits of the Mediterranean diet. Many, many years ago, as a young scientist, he also proved that those who lived in countries where fresh fruit and vegetables were in abundance and olive oil flowed freely had exceedingly low rates of both heart disease and obesity. It is no wonder we have the highest rate of obesity and heart disease when we fill our plates with an overabundance of food high in saturated fats.

It is a simple fact that the metabolism in the human body cannot be fooled. So, every diet pill, trick, special diet, fad diet, etc. will never work in the long run. They may give you immediate gratification, but in the long run, you will only end up gaining the weight back and then some.

It is time to change our approach. Why not try what the Mediterranean's have been following for years. By changing your eating habits and following the secrets of the Mediterranean diet, you will find that you lose fat without wrecking your metabolism.

Don't let weight loss issues keep haunting you and causing you pain. The pleasure of looking and feel better is obtainable. As you've seen here, the Mediterranean's are using a simple secret to keep their weight off. It's proven. Why can't we just do the same? The answer is: we can. Go for it!

Your weight loss is only one step away. Mediterranean diet secrets can help!

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