



Your Guide To The Right Diet

There seems to be a new trend for diet plans every year. If you're looking for a diet that gets you results, experts suggest that you get informed. Know the diet plans out there and know how they can work for you. A diet isn't just what you should and shouldn't be eating. A diet is about what your body really needs and what you can **realistically commit** to. Commitment is the key to seeing and feeling results. There are several factors to consider before making your commitment: your routine, lifestyle, taste preference, and even budget. And to choose a diet plan that will work for you, these are the factors to consider:



Your diet must fit your schedule. There are diets that require long preparation time, like diet shakes. Do you have time for this? Would you prefer diet deliveries or do-it-yourself diet plans? Consider your daily schedule before you pick a diet.

You must genuinely like what you eat. There are diets that do not necessarily fit your taste. Tara Gidus, a licensed dietitian and nutritionist from Florida, USA advises: "Evaluate the tenets of the plan to be sure it matches the way you like to eat..." Try different diet plans so you are able to decide which works for you.

It must fit your budget. Many specialized diets are costly. Evaluate if the diet plan is something you really need, or if you can get the same benefit from another, more affordable diet plan.

Contrary to popular belief, a diet does not have to be unpleasant experience! Enjoy your healthy meals with the delicious and refreshing [Del Monte Fit 'n Right](#). It contains Green Coffee Extract that may help your body absorb less sugar from the food you eat, and helps reduce fat when taken together with proper diet and exercise.



Source:

WebMD: 10 Tips for Finding the Best Diet that Works for You, <http://www.webmd.com/diet/features/ten-tips-for-finding-the-best-diet-that-works-for-you#1>

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