

Diets Vs Individual Foods: Does It Really Matter Which?

Description

Typically, we see diets as structured approaches to living a healthier lifestyle. We have set parameters which we cannot go beyond but everything else inside is fair game. In case our diet demands no use of butter for recipes, we have to use olive oil, if we can't eat chocolate we eat honey to satisfy our sugar cravings, if we can't eat meat we eat other proteins like nuts and cheese. Diets are really just balancing acts that become a part of our lifestyle. But should we really be forced to lock out certain [foods from our diet](#)? Maybe we demonize foods which are completely fine on their own but don't fit the desired "group" of foods we can't eat. A diet versus food battle then ensues.

Fats are unhealthy?

If you are on a low fat diet, you'll be wary of many things. Fried foods are out of the question, so is fatty meat, cheese and milk also take a tumble down the hill. These are the main fats that we have in our normal day of eating, but since your diet doesn't allow you to have fats they have to be cut out. However, not all fats are the same. There are various fats that your body does need. A low fat diet just means you can't have as much fat as you normally would. [So fats from pecan nuts](#), Greek yogurt and soft cheese are foods that can be consumed. Pecans and Greek yogurt have fats that are easily broken down by the body, meaning they're not as complex. Unlike hard cheese, soft cheese is again easily broken down and made into ready-to-use energy by the body. Not all fats should be demonized, even while on a low fat diet.

Body versus diet

Diets are just structures, they aren't set in stone. Regardless of what the diet you're following demands, you have to listen to what your body is saying first. There could be certain foods that you cannot eat, that don't sit well with you and maybe even cause you harm. Look at food sensitivity testing, and this [everlywell.com review](#). It's a kit which you can use to see what foods are making you ill, sapping your energy or possibly not having much effect on your diet. If a vegan diet demands you eat more plants, but your body is sapped of the vital vitamin B12, then you have to stop the diet. You need foods that have a high level of B12 in them to regain strength, such as beef.

<iframe width=560 height=315 src=https://www.youtube.com/embed/qCshd55Rh4Q&frameborder=0 allow=accelerometer; autoplay; encrypted-media; gyroscope; picture-in-picture allowfullscreen></iframe>

Type of food

If you're on a low carb diet such as the ketogenic diet, then you need to limit the amount of wheat, grains and high fiber foods you eat. However, some carbs are better than others. For example, bread is going to have a higher density mass of carbs. But those carbs are not as complex as rice or pasta. So foods like bread and potatoes are the [better choice for your carb](#) intake as they have less of an impact

on your body and health.

Sometimes we get too bogged down in what a dietary book tells us. We have to think for ourselves as well, so don't lock out certain food which can be useful to your goal.

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