# Eating More to Lose Weight

Many people would be shocked to realize that eating more frequently is actually one of the greatest and most effective ways to lose weight. When we are stuck in a routine where we only eat food once or twice a day, our bodies begin to feel starved and they slow down the metabolism. That makes it far more difficult for us to burn calories and lose fat. When we are not following a structured routine that gives our bodies predictable sources of nutrients, they have a tendency to try to hold on to the little nourishment they receive in order to keep us alive.

Not only that, but eating regularly is beneficial to the metabolism. It keeps it fired up and ready to burn off any of the excessive fat we may have stored in our bodies. It is very important that we never skip eating breakfast, because breakfast truly is one of the most important meals of the day. It is what kick starts our metabolism and provides us with the energy that we need to make it through the rest of the day. And everything we eat has a consequence, so avoiding sugary foods like cereals and granola bars is probably the most beneficial, especially if weight loss is your ultimate goal.

Eating regularly is probably the opposite of what people who are dieting want to do. Most diet books have a tendency to make us want to count calories and cut out as many of them as possible in order to create a big enough deficit for drastic weight loss. But that is not the real solution. In fact, putting yourself into starvation mode that way can often cause long-term health consequences that actually make it nearly impossible to lose weight as you age, and then you will be really miserable with yourself.

Instead of only eating one or two meals per day, or worse, limiting your food intake to extreme levels, you should make sure that you are eating several meals. Simply cutting down your portion sizes and allowing yourself to eat small meals, about five per day, is one of the best ways to make sure that you are making your metabolism work for you rather than against you.

Another benefit of eating small, regular meals is that you will have less cravings for food throughout the day, which means you will not be prone to eating quick and convenient things that are bad for you. Rather than eating foods that are sabotaging your weight loss efforts, you can be making the conscious choice to eat more frequently so that you are not putting your body into starvation mode and causing your body further problems later on down the line.

Each of us has the power to change our lives for the better, and if we are making mindful choices that are good for our bodies, then we can be proud to know that we are creating a foolproof diet plan that will benefit us for years to come!