

Title:

Can Eating More Often Actually Be The Answer To Losing Weight?

Word Count:

493

Summary:

It may seem like a ^contradiction~ to suggest that eating ^more often~ is the answer to getting

Everybody understands what a calorie is -- and everybody ^knows~ that the best way to lose weight

Well, not so fast...

The problem with this way of thinking is that the human body does not burn calories based on a

Keywords:

weight loss, diet, lose weight, dieting, losing weight, fat loss, fat burning, calories

Article Body:

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Well, not so fast...

The problem with this way of thinking is that the human body does not burn calories based on a

You see, the human body burns calories in ^real time~ -- or in other words it burns calories as

This means that your daily caloric intake is almost meaningless when viewed all by itself.

For example, let's take a typical dieter who skips breakfast, but who then eats 900 calories for

This dieter falsely ^thinks~ that their intake of 2,100 calories per day is the deciding factor

The ^deciding factor~ lies in how many calories that they eat per ^meal.~

For example, if that same dieter took those 2,100 calories per day and divided them evenly into

Consequently, the dieter would seriously increase their weight loss results if they did this.

Why is this true?

Simple, because your body burns calories as you eat them, and if you feed your body too many calories

However, if you eat fewer calories per ^sitting~ then your body has a better chance to burn all

So if you eat fewer calories per ^meal~ but increase the number of meals throughout the day, then

So when a dieter uses this method of dieting the ^overall calories~ consumed each day would be

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