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# **The Truth About Vegetarian Diets**

When people think of weight loss they tend to think of counting calories and eating fad diets. You know, those diets where there is some kind of gimmick that people use to lose weight. Popular fad diets include the Zone Diet or the Atkins Diet.

Most people by now know that fad diets come and go. Most of them don't really work in the long term for a variety of reasons. However, there is one diet that has emerged as a truly fantastic diet that people can stick with for the long term as both a healthy way to eat and as a path to true weight loss. You don't even have to spend hours exercising on your [Total Gym 3000](#) to lose weight using this diet.

So what is this magical diet? Well it's the vegetarian diet of course. Now, the vegetarian diet is not an automatic weight loss solution, but it can sure come close. The trick is to take it a few steps further than most do.

The key to losing weight while eating a vegetarian diet is to consume a truckload of vegetables and avoid bread, pasta, and animal products. Some people might call this a vegan diet, but I don't really like the political connotations of the vegan lifestyle. This diet has nothing to do with the cruelty of eating animal products. This is about eating healthier, not about saving the animals.

The problem with the way that most people eat a vegetarian diet is that they eat loads of pasta and bread to fill up on calories. However, these foods are loaded with calories and don't give you a lot of nutrients. Thus, they aren't the best for you to eat.

If you instead focus on eating a ton of green vegetables - like say two pounds per day, you are likely to lose weight incredibly fast. I'm talking about a few pounds per week easily. Also, things like giant salads, steamed vegetables, and fresh fruit are all delicious. In the end, delicious food that isn't calorie dense leads to weight loss. It really is just that simple. Who would have thought?

Charlie is a artist. Find out more about [total gym 3000](#) at their website about - [total gym 3000 for sale](#).

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