

Best Smoothie Diet for Sustained Weight Loss

Rick Porter March 22, 2014



Health Nutrition News reviews common weight loss smoothie diets and suggests which plans are the best for long term weight loss goals.

([Newswire.net](#) -- March 22, 2014) Beverly Hills, CA -- HealthNutritionNews.org has released a new video that discusses what dieters using smoothies for weight loss should look for to ensure sustained results. These diet plans are often used as a rapid weight loss regimen. However, when not done properly or with incorrect nutritional advice people regain the lost weight, plus more on top of that, at an alarming rate. In the video, they note that many of these meal replacement shake plans suggest that all meals be supplemented however, more recent research is finding that when combined with a balanced meal plan better long term weight loss results are achieved.

The new video from HealthNutritionNews.org covers the hazards of not getting enough nutritional value from their weight loss plans. Many diets require individuals to restrict their caloric intake and in extreme cases the nutrient and protein intakes are inadequate and can lead to some health concerns. For example, when a diet restricts daily intakes to under one thousand calories a day weightwatchers run the risk of increased fatigue, dizziness, hair loss, and heart damage. As a result, Health and Nutrition suggests that the weight loss smoothies should not be the sole source of daily caloric intake.

Their advice is to look for a nutritional plan that recommends at most two meal replacements each day with drinks and allows for a healthy, balanced dinner. Additionally, due to the restrictive caloric nature of these diets it is essential that individuals find a way to supplement their protein intake daily. Health Nutrition News describes protein as the body's most metabolic nutrient and therefore it is the easiest for the body to burn into energy. This makes it a great foundation for fat-burning diets and including high-quality proteins can help individuals lose even more weight and fat than they would by following a reduced-calorie diet. Contrarily, a protein deficiency may cause weight loss plateaus and because of this the best smoothie weight loss diet plans call for the addition of a protein supplement

When looking at weight loss smoothie recipes see if they already include a protein mix (many do). This is a great way to get additional protein in a restrictive diet and the addition doesn't change the great taste of the drink. However, many powdered supplements contain a lot of added sugars for flavor, which increases the total calorie count, and can prevent weight loss results. Health Nutrition News recommends looking for a [100% all-natural protein powder sweetened naturally with stevia extract and/or a naturally sweet form of fiber call inulin](#). This will eliminate extra calories and provide the vital nutrient, protein, for sustained weight loss results. In conclusion, when using a smoothie for weight loss there are some things to consider before drinking them but when it's combined with the right diet results can be seen in as little as six weeks.

To watch the video where they talk about the smoothie diet plan and what to expect when starting one is available here: <http://www.youtube.com/watch?v=mFI5UiUsufM>

Health Nutrition News has compiled a twenty-two page e-book containing their recommended diet plan and some healthy smoothie recipes. The free book can be downloaded at <http://healthnutritionnews.org/smoothie-weight-loss>

Source: <http://www.newswire.net/newsroom/pr/00080836-smoothie-diet-weight-loss.html>