

Diet like a dream-steadily kg by kg ~No.4~ features “True or false of basic assumption of diet(nutrition).” It is aimed to give accurate knowledge about diet and not to be misled by diet information flooding on the street.

Q Fat builds up easily when nutritionally deprived.

A True. Human body tries to build up fat so as to get over the starvation.

We often hear the trouble such as “I take rice and oil content in moderation, yet I don’t lose weigh...I rather put on weight.” As a matter of fact, human body tries to build up fat on a restrictive diet, and gets fattening habit of body so as to get over the starvation, and get fattening habit of body. What’s more, you can not burn fat if you are nutritionally deprived.

What you need the most is carbohydrate which is the source of energy to burn fat, minerals and vitamins which are the igniters, and appropriate amount of lipid which causes fat to lyse. As you need oil for grease cutting, you need appropriate amount of lipid to lyse fat.

Bite back meet and dairy product, and try to take lipid from olive oil and blufish. “Cut down on rice or oil” that is over and above what is wanted, has indeed an adverse effect.

**Q Is a piece of cotton tofu(400g) less fattening than pork ham(100g)?
Is a table spoonful of honey lower in calories than the same amount of sugar?**

A False. Cotton tofu is around 320Kcal, pork ham is around 200Kcal, honey is around 58Kcal, and sugar is around 35Kcal.

Here are some optimistic assumptions:

Tofu is an ingredient of “Japanese cooking”, so we have an impression that it is not oily and has lower calories. Sugar is not good for diet but honey is healthy and that we can take a lot.

Boom in living on “plain food” means to mainly take foodstuff that Japanese people used to have from ancient days, such as fish and vegetable in season, tofu, fermented soybeans and so on.

Some people eat a piece of tofu before each meal, and sprinkle anything with sesame if they hear that it is healthy. However, some people get fat due to “excessive eating” of “plain food” just as they presume that “plain foodstuff is healthy and has low calories.”

The starting point of diet is not to do picky eating, but to know what articles of food and how much we should take.

Q It is dangerous to go on a diet without hydration!

A True. Water is not a cause of obesity. Try to get adequate hydration for excretion of bodily waste.

There are people who hardly take water during diet for fear of “putting on weight”.

Water makes up 50 to 60% of our body, and we discharge 2.6L of water to the outside of the body a day. Our body absorb about the same amount of water from food and drink to cover shortfall of the fluid, and keep its balance.

Also, water plays an important role of nutrient absorption in our body, excretion of bodily waste, and metabolism. When you are on a diet, the amount of water intake in your body tends to become small, and there is a great risk of your being dehydrated.

Try to well self-moisturize at uprising, after your meals, after taking a bath, or before going to bed.

***Advice from the staff**

***Next step of “diet like a dream”**

Some people have misconception and overtake what is said to be healthy. These people may just lose weight by improving dietary habits. The basic of diet is nutritional balance. Let's check if you take rice or bread (grain foods), either of fish, meat or soybeans, and also some vegetable dish in each of your meal.

You can go over it! **“The barrier in diet”**