

Diet like a dream steadily kg by kg ~ No.6 ~

Diet like a dream-steadily kg by kg ~No.6~ features “The Barrier in diet (nutrition).” You will think you have lost your weight a little, but then the needle on the scale won’t move anymore. If you desperately hog sweets at this point, you will gain back your weight in no time.

To avoid this, be patient and let’s get over “the Barrier in diet” cleverly!

**Let’s take foodstuffs which increase basal metabolism! **

Basal metabolism is minimum necessary energy needed “to give heart beat,” “to breathe,” “to maintain body temperature,” etc.

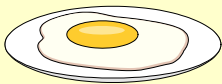
With age, basal metabolism will decrease, and even further with unbalanced diet which decreases muscle. During the coasting phase of diet, it is likely that the basal metabolism is low, and consequently energy consumption as well.

low. You may take pains about selecting foodstuffs or the portion control. Try to increase basal metabolism, paying attention to the following points.

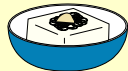
**Do you properly take protein which is ingredient for muscles? **

Let’s take the following amount of protein-rich foods a day.

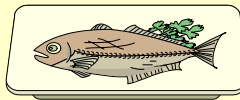
An egg



1/2 piece of cake of Tofu or a pack of fermented soybeans (Natto)



A piece of fish



Around 50-80g of low-fat meat such as dark meat



200cc of low-fat milk



**Let’s take foodstuffs which are rich in vitamin B1, allyl sulfide, capsaicin, etc ! **

It is effective in increasing basal metabolism to take foodstuffs rich in vitamin B1, which changes glucide to energy, allyl sulfide, which increases the absorption of vitamin B1, or capsaicin, which helps your blood circulation and promotes the perspiration.

Foodstuffs rich in vitamin B1

Pork



Livers



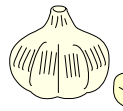
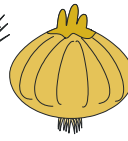
Polished whole rice



Green soybeans



Foodstuffs rich in allyl sulfide



Tufted stone leek

Foodstuffs rich in Capsaicin

*Chinese chili bean sauce

*Red pepper

*Hot sesame oil



Otherwise Kimchi, Korean chili sauce, Pepper sauce, etc

*Advice from the staff

Going on a diet is as though a long-continued marathon race.

You cannot continue with dead run all the way through.

Don’t do anything you can’t or run out. A little change in thinking or ingenuity in everyday life will help you get over the barrier in diet.

The best thing is to get over the barrier expertly and build up the habit.

It will snuggle up to you.

*Next step of “Diet like a dream”

We conclude the diet series with this.

Any comments upon your challenge would be much appreciated.

Next series will be something new and interesting, so don’t miss it!