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UNEDITED RAW VERSION

Is it worth to use diets based on counting calories?

Article Summary

That is not worth it. Although diets based on counting calories (eg 1000 kcal) often appear in web and paper guides and it can not be denied that they can be effective (if you suddenly reduce the calories consumed half or even 1/3 of the current amount you lose), it's much easier to achieve the desired effects using one of the diets described in the article "What diet to choose to lose weight?"

To be effective, these diets require a lot of willpower - 1000 calories you can provide in the form of products that will allow you to comfortably survive the day, but you can also start with a large latte and croissant, and then have to chew a raw carrot.

Diets that do not pose a threat to health require at least basic knowledge about nutrition (unless you are willing to order some catering for the preparation of meals). Food is more than calories - the content of many needed ingredients (eg minerals) is not reflected in the number of calories.

Full Article

Long-term maintenance of the 1000 kcal diet requires a lot of attention (noting the calories of the ingredients) and strong will (the unexpected dough at work may theoretically mean that the next few days should be even less than planned, so that the average daily consumption is 1000 or 2000 kcal).

Focusing only on the number of calories can be dangerous. To safely use a calorie-restricting diet, you must have some knowledge about the composition of meals.

Counting calories in food is helpful in any diet for weight change. However, the number given on the packaging is not always reliable - for example, it also takes into account the energy contained in ingredients that people do not digest (eg fiber), the energy they consume bacteria living in our digestive system, does not take into account the fact that food differs in effect thermal energy (energy consumed for their digestion).

Different people have different caloric needs, depending on their gender, age and lifestyle. You can learn approximate values by using calculator. Arbitrarily selected round 1000 calories, is just an arbitrary choice.

If you have little time, you can outsource this type of diet. There are catering companies that provide personal food sets with precisely calculated caloric values.

How do diets that limit calories work?

Energy from food (counted in calories) of the human body can be expelled, used for current functioning, or stored (in the form of fat). If we provide the body with less energy than is needed, the body will start using its supplies to "burn" body fat.

Are diets based on counting calories better?

Article Summary

Really speaking, these are not actually worth recommending. Although diets based on counting calories (e.g. 1000 kcal) often appear in the web and paper guides and though it cannot be denied that they can be effective in aiding weight loss, (if you were to suddenly reduce the calories consumed, by half or even 1/3 of the current amount you are going to lose weight.) it is much easier to achieve the desired effects using one of the diets described in the article "What diet to choose to lose weight?"

To be effective, generally, most of these diets, first and foremost, require a lot of will power - 1000 calories can be easily provided in the form of products that can allow you to comfortably survive the whole day, and, on the other hand, you can also start with a large latte and croissant, and then have to survive the rest of the day by chewing a raw carrot for the rest of the day.

Diets that do not pose a threat to health require at least, a basic knowledge about nutrition (unless you are willing to order some catering for the preparation of meals) Food is more than just mere calories - the content of many needed ingredients (e.g. minerals) is not reflected in the number of calories but needs to be taken into account for good health.

Full Article

Long-term maintenance of the 1000 kcal diet requires a lot of attention (noting the calories of the ingredients) and a strong will power to follow through with the strict regime. (An unexpected doughnut at work may theoretically mean that the next few days should have even lesser calories than planned, so that the average daily consumption is maintained at 1000 or 2000 kcal).

Focusing only on the number of calories can however be dangerous. To safely use a calorie-restricting diet, some knowledge about the composition of meals is necessary.

Counting calories in food is helpful in any diet when weight change is the goal. However, the number of calories per serving, given on the food packaging is not always reliable. (For example, the details on the packaging also enumerate the energy contained in ingredients that people do not normally digest e.g. fiber, but not the energy consumed by the bacteria living in our digestive system or the effective thermal energy of the food that differs in varying ranges because energy is also consumed for their digestion and hence lowers their effective thermal energy).

Different people need different amounts of calories, depending on their gender, age and lifestyle. It is easy to learn approximate values by using the calculator. 1000 calories, is just an arbitrary choice, selected for ease.

If you have very little time, you can outsource the preparation of the meal of this type of diet. There are catering companies that provide personal food sets with precisely calculated caloric values as per the diet planned for you by your nutritionist or dietician.

How do diets that limit calories work?

In the human body, energy from food (counted in calories) can either be expelled or expended, i.e. used for current functioning, or stored (mostly in the form of fat). If we provide the body with less energy than is needed, the body will start using these stored supplies of fat and thus "burn" body fat to get desired weight loss.