*There Is No Such Thing as a Bad Body…
Just Bad Clothing, Bad Mirrors,
and Bad Diets!*

INTRODUCING

THE GOOD DIET

TGD

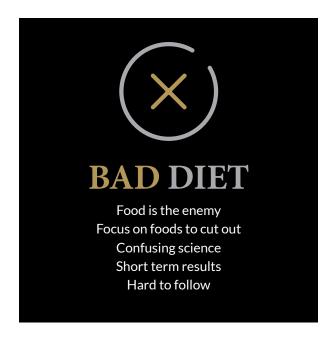THE GOOD DIET
™

By Dr. Melissa Hershberg, MD

A DIET SHOULD NOT FOCUS ON FOOD AS **THE ENEMY.**

Food is our friend. We need it to live. That's right. Sugar is not the enemy. We need it to live. Fat is not the enemy either. We need it to live. Bread? Nope, not our enemy. We need it to… make sandwiches. What I'm trying to say is that on good diets, the focus is on healthy foods to incorporate, not on foods to cut out.

On a **BAD DIET**, there is a fear factor promoted. Certain foods are made out to be forbidden or dangerous or off-limits. If you eat this "bad" food, then you instantly ruin your diet and become "fat." This is very bad indeed, because it leads to eating disorders and feelings of restriction and deprivation, which ultimately lead to cravings and binging, and the cycle repeats and weight gain ensues. It also leads to confusion – is fruit bad? Is white rice bad? Is meat bad? Are all carbs bad? Is gluten bad? Is snacking bad? NO! Viewing food as scary and bad and off limits does not work and just leads to confusion, frustration and weight gain in the long run.

On a **GOOD DIET**, healthy foods are promoted. If you eat them, then you will feel more full and nourished and satisfied, and you will still have room for some less healthy foods without sabotaging your overall nutrition, health and weight. This works. It's good. Food is viewed as fuel. Food is good. Even "bad" foods can be good if you eat them in the right proportions. Food is your pleasure and your fuel and you learn to eat in a balanced, healthy way.

BAD DIET

Food is the enemy
Focus on foods to cut out
Confusing science
Short term results
Hard to follow

GOOD DIET

Food is fuel
Focus on foods to incorporate
Simple principles
Long term lifestyle
Easy to follow

A GOOD DIET SHOULD BE BASED ON
SIMPLE PRINCIPLES,

not confusing, impossible-to-understand pseudo-science. It should lead to long-term sustainable results, not short-term weight loss with rebound weight gain.

On a **BAD DIET,** there is a lot of confusing, fancy sounding theories about why you must eat a certain way – it's shocking to think that anyone without a PHD could ever figure out how to be thin. This is bad because it makes people lose confidence in their ability to figure out what is healthy and conducive to weight loss. It forces people to place their common sense and intuition aside and leads to frustration and a "throwing in the towel mentality" that goes something like this: "weight loss is too hard; I may as well just eat anything and everything and be overweight because that is my destiny because I didn't do a double major in chemistry and biology at an IVY League school and now I'm screwed and will never have a thigh gap or visible abs and will eventually have diabetes." BAD.

On a **GOOD DIET**, the concepts are simple. So simple that they could be taught in grade school. Imagine – even kids could learn how to eat well! As you'll learn in The Good Diet™, there are three categories of foods:

Category 1: Healthy, high water

Category 2: Healthy, low water

Category 3: Treats

If you eat lots of **Category 1** foods, some **Category 2** foods and just a little bit of **Category 3** foods, you will be thin. If you want to speed up weight loss or need a detox, focus on **Category 1** foods (**Phase 1** of The Good Diet™). If you're embarking on a healthy lifestyle that will help you lose weight, you can now incorporate **Category 2** foods in controlled portions (**Phase 2** of The Good Diet™). If you're at your goal weight, you can be a bit more liberal with **Category 2 and 3** foods (**Maintenance**).

CATEGORY 1
THE GOOD DIET™

These foods are nutritious and have high water content. These foods should constitute the bulk of your diet. These foods form the basis of **Phase 1** and **Phase 2** of The Good Diet™.

- Fruit
- Vegetables
- Lean dairy
- Lean meats and fish

CATEGORY 2
THE GOOD DIET™

These foods are nutritious but lower in water content and therefore higher in caloric density. These foods should be eaten but less frequently and in smaller quantities than **Category 1** foods. These foods are introduced in **Phase 2** of The Good Diet™.

- Beans and legumes
- Rice, potatoes, pasta
- Nuts and seeds
- Bread, crackers, cereals

CATEGORY 3
THE GOOD DIET™

These foods aren't very nutritious and have low water content and therefore should be viewed as treats. You can eat them sporadically and in smaller portions once you're in **Phase 3**. If you're not losing weight or starting to gain, look at the below as culprits. Cut them out.

- Candy
- Chocolate
- Ice cream
- Dessert
- Chips, pretzels
- Pop, juice
- Alcohol

A GOOD DIET SHOULD BE EASY TO FOLLOW.

A lot of bad diets appear easy to follow initially by being overly restrictive. However, because of this over-restriction and rigidity, they are IMPOSSIBLE to follow, so people fall off the wagon. Good diets are easy to follow because the principles are simple AND because they're user friendly.

Get started on **The Good Diet™** today and make food your friend.

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TheGoodDietPlan.com