

## Weight Loss Tips: How Does the NutriSystem Diet Work?

This diet is ubiquitous, we've seen it everywhere on the television. One spokeswoman swears she's lost weight more than once with the program. Some individuals have lost as few as 35 lbs and as much as 125 lbs with the system.

NutriSystem began with its clients being primarily women. Today, they provide men's plan and a senior citizens plan for both sexes. They have plans for vegans and Type II diabetes sufferers.

The NutriSystem diet is based on the glycemic index. This number is based on the affect different foods have on the blood sugar. Foods with a high glycemic index cause more insulin to be secreted therefore causing hunger to return quicker when these particular foods are consumed. Foods with a lower glycemic index lead to a more stable blood sugar and energy throughout the day. There are no spikes in insulin levels so you are less hungry and more satisfied with your meals.

Nutrisystem is a food delivery program. They ship food to your home every four weeks. The food does require refrigeration because of the process used to package the foods. Each dish has easy to follow preparation instructions.

The food is proportioned to provide nutritious, low glycemic index foods. These are called "good carbs" and they cause fast fat loss without much work. According to the Nutrisystem, the weight and fat will just melt away.

The plan does encourage participants to add low fat milk and dairy, salads, and fruits to each NutriSystem meal. The main concern is the carbohydrates that we eat. Protein is protein, but carbohydrates aren't all the same which is evidenced by the numbers reached through the glycemic index. Processed carbohydrates raise blood sugar, while those that are made of whole grains stabilize it.

The Nutrisystem Plan does not forbid exercise but it is designed to work without it. Exercise can only enhance this program since they are already giving you foods that are optimal for you. Whether weight loss will increase with activity is unknown.

The meal delivery program is expensive, but you may qualify for a payment plan. If you can afford to spend a few hundred dollars on yourself and then the same amount on the rest of your family each month, this may be the plan for you. NutriSystem requires no counting, recording of meals, or anything else like that. You just choose your meal, add some healthy extras, and eat.

However, if you want a fast, cheaper alternative. You should consider a safe, health cleanse. Visit my site as I've put together more information about this attractive option. Follow my links below and learn more about it.

## About the Author

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