

Tips and tricks to sticking to a diet

Build a healthy diet that you enjoy

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WHETHER your goal is to improve your physical health or achieve an aesthetic body, committing to a diet plan can be an arduous task. It is too common that someone dedicates themselves to a healthier lifestyle, only to crash and burn out within the span of a few months.



That is because most people struggle with the most important part of maintaining any diet, being consistent. While it is a simple premise in concept, it can be deceptively easy to mess up and break your diet commitments over minor mistakes.

Here are some tips that will help make sticking to your diet, whether it is a ketogenic, low carbohydrate or even a simple calorie deficit diet easier on yourself and achieve healthy long-term change in your life.

Gradually adopt better eating habits

Being on a diet is not a short sprint to the finish line but rather a long-distance marathon. It is important to pace yourself and gradually incorporate healthy eating habits over a set period, instead of excessively restricting yourself and eventually burning out.

For example, making a habit of tracking your food intake helps you stay mindful of both the portion size and composition of your daily meals. You could also try to eat your meals more slowly, allowing your body time to digest and get a better sign of your satiety.

The first few weeks of building a habit are always the most difficult. However, those who can get over the initial hurdle will find that their small decisions will slowly accumulate and begin to bear fruit over the course of many weeks.

It is a common misconception that being on a diet means sacrificing delicious food for the sake of better health or looks. There are many satisfying and healthy recipes available for a variety of dietary restrictions.

Cooking your own meals lets you fine-tune the ingredients of any dish and gives you more variety in what you can eat. You can consider researching popular meal recipes and snacks for your chosen diet online and take note of those that look particularly appetising.

It is also helpful to have a handful of staple go-to dishes that you enjoy eating the most. This reduces the amount of decision fatigue when choosing what to eat and you'll be able to become more familiar with the cooking process over time, making it easier to stick to your diet.

Practise self-forgiveness

While discipline is helpful in many aspects of life, it is also essential to recognise your flaws. The truth is that you will occasionally give in to your urges and indulge in that tub of ice cream or acci-

dentally order too much food while eating out.

That does not mean we should be ashamed of our lapses in judgement. By accepting that mistakes will inevitably happen, you are better poised to maintain your diet moving forward. Ultimately, losing one day is not the end of the world as long as you stay on track for the remaining six days of the week.

You should also be wary of

overcompensating after a bad diet day. It is too easy to give in to the urge to atone for dietary blunders and double down on an even stricter diet. However, this only places unnecessary stress on you and could potentially cause that one mistake to spiral into many more.