
Finding a Diet that Works

My diet 'rules' are very flexible.

I eat all kinds of food, and I eat at every possible time of day and night. I just try to eat more of what serves me than that which hinders me.

I like to eat small portions relatively often.

I aim to leave my stomach 'less-than-full'.

As I'm writing this, I'm reflecting on yesterday's food: I ate six slices of bread; 170 grams of canned fish; two small containers of cottage cheese; three bananas; a peach; an orange; four tangerines; a handful of carrots.

Yesterday I ate without restriction: it was a non-fasting day sandwiched between two fasting days.

I generally avoid processed foods.

Most of the food on yesterday's list was raw, you'll note. Making cottage cheese doesn't involve much processing. The most processed food I ate was canned fish. The veggies and fruits were altogether maybe 600 kcal.

Do you know what is highly processed? Sweets.

I have the worst sweet-tooth in the world. I could live on a sugar diet all the time (well, till early and sudden death, that is).

If there is any food type I consciously try to cut out completely - and often fail to - it is my sweet intake.

On every non-fasting day I aim to eat at least one vegetable or fruit. By 'aim to', I mean that this is a habit I don't consciously track, so I lapse from time to time (my guess is that I fail to eat a veggie or fruit about once a month).

I pay somewhat more attention to the amount of carbohydrates I eat. By 'somewhat', I mean I think about it more, as bread and bread rolls are my favorite food after sweets.

I aim to not eat after 8 pm.

This isn't because 'eating at night will make you fat'. I think that's nonsense. Rather, it's because if I eat late I sleep badly (perhaps still better than 90% of people), but I need the **best** sleep possible, because I get so little sleep in general.

Sleep is more important than calories. I would rather sleep hungry than with a full stomach.

I also prefer not to eat before noon.

When my digestive system has nothing to do, my body has more energy for other tasks.

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What Works For Me:

- Generally, eating from noon to 8 pm works best for me. If I eat later, I sleep poorly.
- Avoiding processed foods.
- Limiting the amount of sweets I consume.

(I often eat in one afternoon more than a sane person consumes in three days; last Sunday I ate 10 cookies [about 260 calories] and 3-4 handfuls of cookies in chocolate.)
- Eating raw vegetables and fruits.
- Eating often.
- Eating Small Portions.

My Suggestions for You:

Become more conscious of what you are eating.

Think about the effects now, and the effects long-term.

Try eating at different times of the day, and assess your changing energy levels.

'Do it Now! If you don't, there will be no results tomorrow.'

MICHAL STAWICKI