

Military Diet

Introduction

- Proper nutrition and diet are vital for maintaining healthy lifestyles among humans, and thus the keeping people healthy.



- Healthy diets and good health are intertwined in that it is quite impossible for a person to healthy while the eating habits are

demanding (Nilsson, 2018).

- Currently, the incidences of obesity are on the increase. About 1.9 billion people have been diagnosed with overweight, and all of them are at least 18 years old. Additionally, at least 650 million people were obese due to poor eating habits (Thiele &Roosen, 2018).

- Obesity is not the only underlying healthcare issue that results from poor nutrition. Cardiovascular infections, cancer, and diabetes mellitus are

terminal illnesses that result from poor eating habits as well.

- The diet to be discussed in this paper is the military diet. The significance of the military diet in will be addressed, how a person scan ensures that he keeps the military diets under controls.

The Importance Trance of Military Diets



- According to Crichton (2019), a military diet is explicitly meant to help people in losing weight, especially the obese or overweight individuals.
- This kind of food is also called the 3-day diet, and it can help one lose not less than 10 pounds weekly if it is appropriately observed.
- In the first 3-days, the calorie content in the diet is 1,450 calories for the initial day, 1,250 calories for the next day and 1,150 calories for the last day (Crichton, 2019).
- The difference between military diet and the

other diets is in the distribution of the nutrition; high protein and reduces fat, carbohydrates, as well as calories. Essential components to boost metabolism and burn fat are also very critical in the military diet.

- Surprisingly, this kind of diet is called military diet but is not related to what the military people eat at all.
- The military diet plan includes three-day plan and then four days off, and then a person keeps on observing the cycle until he or she

loses the intended weight to realize the goal weight (Crichton, 2019).

The military diet meal plan

- Without comprehensive planning and development of a meal plan as well as the shopping list, it becomes hard for a person to observe the military diet strictly.

First Day Meal Plan

- Breakfast should be composed of; a slice of bread, half a grapefruit, a cup of tea, and at most three tablespoons of peanut butter which

is expected to be
sugarless and salt-free.

- Lunch has mainly half a cup of tuna, one slice of bread and a cup of caffeinated coffee.
- *Dinner:* three pieces of meat, a cup of green beans, one small banana, and a cup of ice cream, especially the vanilla type (Crichton, 2019).

The second day meal plan

- *Breakfast:* an egg, a slice of bread, and a small banana.
- *Lunch:* one boiled egg, a cup of cottage cheese and at most five saltine

crackers.



- *Dinner:* Two hot dogs, a cup of broccoli, a few carrots (Half a cup), half a banana, and half cup of ice-cream of the vanilla type (Nilsson, 2018).

The Third-Day Meal Plan

- *Breakfast:* a small apple, five saltine nuts, and a slice of cheese.
- *Lunch:* single boiled egg and a slice of bread.
- *Dinner:* a mug of tuna, shared a banana, and single tea cup of vanilla ice cream.

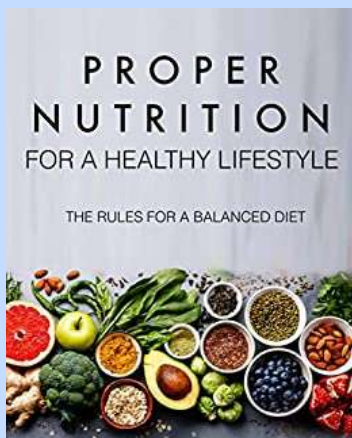
Advantages of the diet

- This type of diet helps a person to ensure metabolism keeps on adapting to changes and thus well-functioning.
- The military diet is not very-expansive; it does not encourage one to

change his habits as there are four days for one to take the normal diet (Crichton, 2019).

- The health benefit of the military diet is helping the obese, and overweight people lose weight relatively quickly and thus curbing the rate of exposure to certain illnesses.

Disadvantages of the diet



- One may quickly get nutrient deficient that

can result in health issues like anemia, primarily if he or she focuses mostly on calories content on the meals, excluding all the other benefits of a regular diet.

- There are health concerns that might arise if a person does not take enough water like the risks of having renal infections (Crichton, 2019).

- A person might be tempted to take other ingredients of the normal diet since it is quite hard for one to quit from his or her normal cycle.

Differences between military diet and other diets

- A military diet has lower calorie content as compared to other diets. The higher calorie content in the military diet for an adult is 1,400, while for a healthy balanced diet, the calorie content is 2,000.



- The normal diets are rich in high carbohydrates, but military diets have

deficient levels of carbohydrates.

- A person can consume normal diets to increase weight, but the military diet is explicitly meant to help a person to cut weight and thus fight obesity.
- With the limited diet under military foods, the person is subjected to deficiency of fibers, vitamins, and minerals instead of other diets.

Foods to choose and avoid during military diet

- *The foods to choose when intending to lose weight under the military diet:* sugary drinks, potato chips,

not fruit juices, white bread, French fries, candy bar, cookies, parties, and cakes.

- *The main ingredients of military diet include:* bananas, apples, whole-wheat bread, caffeinated coffee of tea, grapefruit, eggs, hot dogs, a piece of meat, carrots, vanilla ice-cream, and cottage cheese.

Conclusion

- Obesity is an implication overeating or focusing on diets with very high-calorie content, and it can lead to health issues like diabetes mellitus, cardiovascular

infections and generally poor health.

- The military diet or three-day diet has been approved as critical in encouraging the loss of weight and thus curbing obesity for improved health (Crichton, 2019).
- For the military diet to be observed appropriately, one needs a clinically developed meal plan and shopping list.
- The advantages of military diet include helping a person to lose weight, have normal metabolism, and it is critical in detoxification.

- The three-day diet may subject a person to nutrient deficiency and thus patients how need to take this diet should be educated on its potential risks.

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