

Diet support: How to avoid failure on your new diet

Why getting diet support is the key to your success

Congratulations if you have recently changed your diet to a healthier one. Regardless of the type of diet you are on and the reasons you have for changing your diet, if you are planning a healthy diet you should see some improvements in your health and weight.

However, no sooner have most diets begun then there is a problem and the diet is forgotten.



Did you know that the **top 3 reasons diets fail** are:

1. **Tired of dieting** (40%)
2. **Diet didn't allow favourite foods** (22%)
3. **Diet too restrictive to stick to it** (21%)

However, there is a solution that can help you easily overcome these problems. The solution is to get support with your diet.

When you get support you:

1: Get encouragement spurring each other on. And eating more healthily changes from a chore to an exciting challenge.

2: Can ask others for help finding healthier versions of your favourite food or support to carry on when you deviate from your diet.

3: Realise that nobody sticks to a perfectly healthy diet 100% of the time so you allow for blips and pick yourself back up and carry on with the help of others.

Support is everything....

There are so many different 'healthy' diets out there and I can't even begin to cover them all, except to encourage you to find some support for whatever diet you are on at the moment. Here are some ways you can find support:

- **Forums:** Type in the name of your diet or healthy food followed by the word 'forum' and you'll find many like-minded people to chat to about your special diet.
- **Blogs:** There is often a great community on popular blogs. You can get involved in discussions in the comments or on the blog's Facebook page, or email the blog owner directly (bear in mind they may get too many emails to respond to you individually). Some will offer paid for consultancy too.
- **In person:** Try and find a local meet up group that supports your way of eating. You can't beat real life friends. Try **Yahoo Meet up Groups** to search for your particular interest.



- **Facebook:** Find Facebook pages or communities for your special diet.
- **Find a buddy.** I haven't tried this website **Wanna Buddy**, but it looks like a great idea for linking up friends with similar interests in your local area.

Is it helpful to put yourself in a box?

By this I mean, in order to find friends with similar interests you have to give yourself a label first.

Are you a green smoothie drinker, on a gluten free diet, raw diet, macrobiotic, vegetarian, Juicing diet, alkaline diet, food combining diet, Gerson diet, high protein diet, low carbs diet, low fat diet, low sodium diet, no sugar diet, diabetic, Organic food, weight watchers, calorie counters etc. etc.

There are millions of different diets so it's really helpful to give yourself a label so that you can find like minded support.

However, what if like me, you dabble in a lot of different things, never quite being completely pure about anything. I still think it's good to give yourself labels as it helps others to understand you and it helps you to find friends. However do watch out for purists who 'appear' to do everything perfectly and will make you feel completely inadequate. It is much better to avoid these types of people and look out for supportive people who accept that we all have good days and bad days and are never perfect all of the time.

I hope I've given highlighted how important support is not only with your diet, but in your life in general. When we are supported in the decisions we make, we can go from strength to strength.

Getting support with your new diet can mean the difference between success and failure

How do you get support with your diet and other areas of your life?

Read **The secret of accountability for weight loss success** for ways of getting support with your new diet.