



The Banana Diet Review

The Banana Diet? Really...I love bananas, and need to lose some weight. So when I stumbled across [The Banana Diet book](#), I was curious. Could this banana diet be for real?

Before getting the book, I did some research online for banana diets, and the information I found was somewhat disturbing.

I read of a few people who were on a banana and water only diet. Now, that will probably lead to weight loss, but it certainly doesn't sound healthy. And if you get the weight off - then what? You can't live on bananas and water, or milk in some cases, forever.

I was hoping the Banana Diet book would be more balanced than just eating bananas to lose weight.

Well, I after reading The Banana Diet ebook, I wasn't disappointed. This ebook is **32 pages of good, solid weight loss information**, from someone who has found something that works well for him.

This ebook is not "pie in the sky" theoretical book about weight loss. This is practical advice from someone who has struggled with maintaining a healthy weight all of his life.

Here are some of the main topics of the Banana Diet book.

- Save Money and Lose Weight
- Get Control of Your Own weight Naturally
- Learn How to Use Habit and Routine to Your Advantage
- No Pills or Supplements
- No Special Recipes Needed
- No Gym Membership Required
- Learn to Make Positive Choices With Your Food
- And Still be Able to Eat Chocolate Cake

As stated above, the Banana Diet author has struggled with his weight since he was young. Most of the diets he was put on as a child, actually caused him to gain weight.

Throughout his life, he has experienced the joy of losing weight, just to experience the depression, and frustration, of gaining it back.

With his lifetime experience with diets, the author has some interesting insights on diets and human nature.

Insights like, how fast diets help you take off weight, only to have you put it back on later. And in many cases, even more weight is put back on after the diet is over. Unfortunately, this is part of our human nature.

Insights like, diets along with exercise are great. But, you can't put too much emphasis on exercise, because sooner or later you will fall out of the habit of exercising due to limited time or injury.

When this happens, the weight will come back on, unless you are also eating properly. So relying on exercise to compensate for a poor diet, is not the best long term weight loss approach.

The [Banana Diet](#) author stresses that lifetime weight management is more about an ongoing life style changes, instead of dieting. The Banana Diet is a sensible weight loss program, where you choose new healthier habits over the old habits.

This is not a quick fix diet, but rather a gradual change in eating habits to help you live a healthier life.

Why The Banana?

The banana is a slow release food that helps control hunger pangs. Plus, the banana contains natural sugars that give an energy boost. The author talks about how two bananas can sustain you in a 90 minute work out.

Here are some **banana nutritional facts**:

Banana Calories = about 95 calories

Banana Fat = Zero

The magic banana fruit has many other health benefits including, it can help fight depression, ulcers, stress and even help lower your chances of having a stroke.

Again, the banana diet is much more a lifestyle plan, than a banana eating diet.

Here are some tips the author provides on how to change your lifestyle, and improve your eating habits.

Have Consistent Meal Times.

Eat An Earlier Dinner - as opposed to a later dinner, so you have time to digest your food and burn calories before bed.

Common Sense Tips on How to Avoiding High Sugar Foods.

How to Avoid Snacking.

Avoiding Comfort Eating - instead of eating, try something healthy, like taking a walk.

There was one fact the author brought up that I had never heard before (Page 14).

It relates to children, and how their early eating habits can physically affect them their whole life. That fact is probably not what you think it is - it makes me look a little differently on how, and what, I feed my kids.

I think we could drastically reduce obesity in the western world if more people knew this.

The author also made a great point about how diets are really just about choices. With diets, you are making choices on what you eat, it's just that your choices are restricted (page 15). Long term healthy eating is all about making the right choices.

I also like the way the author monitored his weight progress, by weighing himself just once a week.

I agree about weighing yourself once a week. Weighing yourself everyday can lead to discouragement, and may cause you to lose faith in yourself, and your diet.

Plus, it makes you fixate on losing weight too much, instead of on the positive aspects of eating right. Eat right and the weight will come off. Weighing yourself weekly and seeing good progress can be very motivating.

One thing I love about the [Banana Diet](#) book is, the author gives you **examples of some of the meals he eats**. He even gives you a **complete week of meals** (page 18-21) - excellent.

Of course, drinking water and staying hydrated is important when dieting. The author gives some suggestion on how to "spice up" your water, tells you what drinks to avoid, and what drinks are okay in moderation.

The author also talks about the importance of exercising, but not making it the primary weight loss tool of the diet. Don't think you need to buy a gym membership to exercise, because you don't.

The **Banana Diet** points out several different ways of getting exercise, like doing yard work, doing house work and going shopping. Getting exercise by walking instead of driving (good idea - especially with the high gas prices), parking your car further from the store, getting out of your chair at work and going to see a co-worker instead of emailing them.

I think you will be amazed at how much exercise you can get just by being aware of exercise opportunities. Getting little amounts of exercise, often, add up.

Overall, the Banana Diet ebook exceeded my expectations. It's much more than just a banana diet book, it's more about making a change in how you eat, how you exercise and how you live.

It's a book written by a normal guy, relating a solid plan that has worked for him.

If you've been looking for a resource that can help you lose weight, and maintain a healthy weight, The [Banana Diet](#) book just might be what you've been looking for.

[More Information on the Banana Diet](#)