

## **Diet Catering WygodnaDieta Is Riding Waves of Popularity Among Polish Businesspeople**

*The obesity statistics all around the globe are reaching the all-time heights. In Poland, country increasingly afflicted by excessive body weight, a Warsaw-based company WygodnaDieta.pl came up with a healthy idea of how to lower these alarming bars developing in the process of weight loss the habit of good nutrition.*

September 5, 2013 (FPRC) -- Overweight people used to be perceived as individuals who simply eat too much and do not care about their health. As it turns out, though, it's all too often lack of time and hectic work schedules that prevent people from following healthy eating plans and keeping slim body. For that reason, it's becoming more and more common for overworked Poles to get plus-sized. They don't have time to spend on shopping for healthy products or finding these few minutes for preparing five healthy meals. The nutritionist recommendation which is impossible to achieve on a daily basis for most of them. Settling for fast food products has become a popular practice and alarming pattern. It goes without saying that these are not the best conditions for weight loss. Other than that, people simply do not have the knowledge how harmful to their health junk food as well as irregular meals are. After all, it's hard to be an expert on nutrition and persistent practitioner without having much time. All those factors combined easily contribute to growing overweight and obesity figures of the Polish society which translates into deteriorating health and worsening overall well-being.

Most people associate diets with having to eat tasteless food products or follow restrictive and boring diet plans. In Poland, where the national cuisine is full of tasty, hence calorie-rich, meals this might be one of the reasons why people used to stay away from dieting. However, things have changed for now. It is diet catering brought by a Warsaw-based company - Catering Dietetyczny WygodnaDieta, that is currently riding the waves of popularity among businesspeople and office workers in the capital of Poland. One of the reasons for WygodnaDieta.pl becoming the national brand for diet is its weight loss plans' diversity including a variety of tastes based on fish, poultry, vegetables and fruits. This really caters to the Polish palate, since Poles are very much used to mixing different tastes in the food they eat. Wygodnadieta offers a whole variety of dieting schemes - different calorie limit diets (1000, 1200, 1500, 2000) plus vegetarian and diabetic diet versions. It is the only Polish diet catering firm which earned food safety certificate HACCP for diet production. All dietary plans are designed by professional nutritionists and prepared by seasoned cooks. Every client is entitled to free dietician consultation to tailor weight loss scheme to his or her individual preferences and lifestyle.

Why businesspeople fell so much in love with WygodnaDieta.pl diet catering? Well, pursuing it is very convenient as the food consisting of 5 meals is delivered every day right to your door. It looks amazing - you eat with your eyes first after all - and tastes deliciously. Plus it is well balanced so that you take in all nutrients, vitamins and minerals needed for health. Portion size is key at WygodnaDieta. The goal is to teach healthy eating patterns which is a smaller meal at a time but more often during a day. No need to shop, cook and worry about daily calorie limit.

### **Contact Information**

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