



## 6 CATEGORIES OF WEIGHT LOSS PROGRAMS

We've looked beyond the marketing hype to find out exactly what your weight-loss choices are and what will work for you!

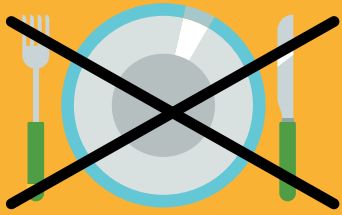


# the truth behind diets™

Did you know, that of the thousands and thousands of diets out there – they all fall into just six different categories? For years, the weight loss industry has been selling you the same, boring, old ideas, just re-packaged as something shiny and new. (Don't feel bad, we totally fell for it too!) We've looked beyond the marketing hype and used the latest scientific research to analyse how all of these diets and programs work, which means we can tell you exactly what your choices are!

## THE 5 FAILING DIET TYPES:

<b>1</b>  <b>CALORIE OR COUNTING DIETS</b> are hard to sustain long-term and people regain weight lost.	<b>2</b>  <b>EXERCISE PROGRAMS</b> regimes are too difficult for most people to undertake.	<b>3</b>  <b>ELIMINATION DIETS</b> are too restrictive and extreme.	<b>4</b>  <b>SUBSTITUTION DIETS</b> aren't realistic as an ongoing method.	<b>5</b>  <b>REPLACEMENTS &amp; SUPPLEMENTS</b> aren't a permanent lifestyle solution.
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### CALORIE OR COUNTING DIETS

#### NUMBER #1: CALORIE OR COUNTING DIETS

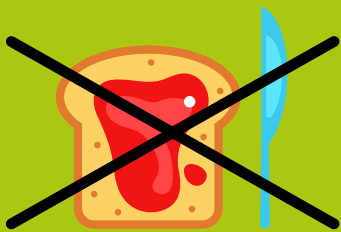
These are the diets that require you to constantly log everything you eat. You are restricted quite significantly and each diet allows you the same number of calories per day, perhaps with a once the week small treat thrown in. Yippee! Not. If you've been around the 'diet block' then chances are that you've done a program that requires you to consume the same, boring, limited number of calories or points per day. This is known in scientific terms as traditional calorie restriction or **caloric restriction**. Now, traditional calorie restriction works in theory. But studies have actually shown that although it's successful short-term and it does work... it's not sustainable and that a lot of people who find weight loss success with calorie restriction, end up gaining the weight back. And ultimately, and this is a biggie: that long-term, severe calorie restriction can actually lead to metabolic slow down. That is: if you restrict your calorie intake too much for too long, it can damage your metabolism. It is completely unrealistic to stay on a low calorie, every-day-the-same, boring diet forever...and if you do actually ever end it and reach your goal chances are as soon as those calories go up, so does the number on the scales again. That's a depressing cycle and haven't we all done that?



## EXERCISE PROGRAMS

### NUMBER #2: BURN-TO-EARN DIETS & EXERCISE PROGRAMS

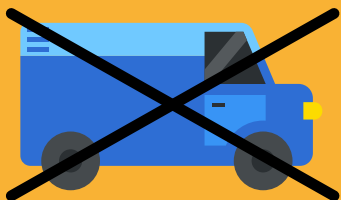
These programs are driven by exercise. Specifically, they're generally driven by cardio or 'aerobic' exercise, which burns a lot of calories. Chances are if you've done a few different diets, then you'll probably have done one of these too. The idea is to burn more calories or 'fuel' than you put in, which leads to a calorie deficit. These burn-to-earn programs are often the product of gyms, personal trainers and are sometimes paired with calorie counting or other counting systems to produce speedier results. The problem with burn-to-earn or exercise-based programs is that the minute you stop doing the workouts, especially the cardio... what happens? You stop losing weight. And even worse, you put it back on. It's very hard to keep up, unless you're a marathon runner or gym addict.



## ELIMINATION DIETS

### NUMBER #3: ELIMINATION DIETS

These, in particular, are all-the-rage right now. Any diet that requires you to cut entire food groups out, or to either cut out or minimize specific macro-nutrients (like carbs, protein, sugar, fat etc.) that should be part of a normal human diet are elimination diets. You know the ones we're talking about: high fat, low fat, zero sugar, no carb, all carb, zero fat, paleo... Doctors use these all the time to determine allergies, and they can actually be incredibly helpful in this respect, especially for people who do have allergies or intolerances, and they're actually becoming quite trendy. Science has shown us that limiting our intake of some of these macro-nutrients or dietary elements can be helpful, especially in reducing calorie intake and our reliance on pre-packaged foods. But any diet that requires you to remove entire food groups from your eating habits is pretty extreme, right? Especially if medically speaking you don't have to. And it's not exactly a fabulous life. Kale and water anyone?



## SUBSTITUTION DIETS

### NUMBER #4: SUBSTITUTION DIETS OR 'INFLEXIBLE MEAL PLANS'

Substitution diets are the ones that tell you exactly what to eat. So, instead of eating normally, you substitute in their meals. These diets tend to include inflexible meal plans, frozen meals or food delivery. You don't really get a lot of choice about what to eat, it's often pre-planned for you, and if, for whatever reason, you don't follow or can't follow the meal plan, then the whole thing kind of falls apart. These diets can be super-helpful for busy people, but they're also incredibly inflexible and you have almost zero control over what you eat day-in, day-out. It works when you're in a routine, but if anything happens that breaks that routine, then the whole thing is out the window. Fully breakable! They also don't offer any freedom for things like celebrations, socialising, cheat meals, and so on. And without their products, what do you do?



## MEAL REPLACEMENTS AND SUPPLEMENTS

### NUMBER #5: MEAL REPLACEMENTS AND SUPPLEMENTS

Meal replacement and supplement diets are any diets that require you to forego normal, whole foods in favour of pre-packaged shakes, supplements, powders, bars or other processed foods. Say what you will about diets that rely on pills and powders, they have proven to be historically helpful, especially for those who really struggle to manage their calorie intake. However, they don't necessarily make for an easy-to-manage lifestyle or one that fits in with things like socialising, and celebrations. And any diet that relies on faux food rather than real, whole foods is bound to be deficient in certain nutrients and over-abundant in other things that aren't necessarily the best for us. Also, research has also shown that once the meal replacements or supplements are replaced with real food, generally there's a tendency to re-gain any weight lost. So, they work in theory, but not necessarily in practice. And definitely not long term.



## SO, WHAT DOES WORK?



## THE PART-TIME DIET

### NUMBER #6: THE PART-TIME DIET

The part-time diet is a method that is sometimes referred to as "Eat: Pause: Eat". It's known as "Intermittent Fasting", but we like to call it "Intermittent Eating!" Because really, it's not so much about what you eat (or don't eat), it's about **when** you eat. Chances are that you will have heard of the 5:2 diet. The 5:2 diet is one example of a part-time diet. But part-time dieting aka Intermittent Fasting is **so much bigger** than that. There's a whole spectrum of methods out there that also fall under the same umbrella. To name a few: there's 5:2 (also known as "The Fast Diet"), 16:8 (also known as the Leangains Method), Alternate Day Fasting or 'The Every Other Day Diet', 4:3, The Warrior Diet (aka 20:4). There's a whole range of different methods, but they all fall under the same umbrella: **Intermittent Fasting**.

# my notes<sup>™</sup>

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## THE UNBREAKABLE PART-TIME DIET

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