

DIETS

ATKINS

ORNISH

VOLUMETRICS

Nutrition for Life HARK & DEEN Looking at diet plans 2005

There is a proliferation of weight-loss diets, not all of which are good for you.

Many of us have attempted to lose weight at one time or another, and the natural tendency is to look for a fast and easy way to shed that extra weight. As a result, weight loss is now a multi-billion-dollar industry, encompassing everything from diet books and slimming clubs to weight-loss programs selling specially formulated foods and medications.

Think long-term

Weight loss is difficult and there are no miracle solutions. To lose weight and keep it off takes time

and commitment. Many popular programs appear to fulfill their promises in the short-term by restricting certain food groups for example. However, these rarely teach you how to establish and maintain healthy eating habits in the long-term and, once you return to your old eating habits, your lost weight quickly returns.

Changing your behavior

Regardless of which type of weight-loss diet you choose to follow, there are guidelines that can help you succeed in changing your eating habits.

- Avoid exposing yourself to situations where uncontrolled eating is likely to occur.
- Alter unhealthy eating habits, such as skipping meals or filling up on snacks.
- Change behavior chains: for example, if you often wind up eating ice cream late at night, don't buy it or go to bed earlier.
- Self-monitor: it has been proven that keeping a food diary helps change eating behavior.
- Think about how you will address problems and difficult situations before they arise.
- Change the way you think about your weight and your efforts to change it.
- Provide yourself with non-food rewards for accomplishing your weight-loss goals.

Seeking medical advice

Before beginning any program, especially very low-calorie or quick weight-loss types, talk to your doctor, especially if you are on any medication since the dose may have to be adjusted. Your doctor will monitor your progress

Monitoring your weight When you are trying to lose weight, weighing yourself is one way of monitoring your progress—but do it just once a week, always at the same time of day.

and help you determine how much and what type of exercise is appropriate. He or she may also advise you to take vitamin and mineral supplements while you are on the diet program.

In general, weight-loss diets should not be undertaken by women who are pregnant or breast-feeding or by anyone under the age of 18. If you are in one of these categories and are concerned about your weight, seek advice from your doctor.

The diet directory

On the following pages, we provide you with information on many of the most popular diet programs currently available, and guidance about what to expect if you choose a particular program, including a sample day's menu from each one. We also look at the potential health benefits or hazards of each one.

There are many types of diets. Some limit certain macronutrients, such as fat or carbohydrates; others limit types of food, such as starchy carbohydrates. Some promote specific foods, such as grapefruit or cabbage soup, while others attempt to regulate your intake according to a strict formula, such as 40 percent carbohydrate: 30 percent protein: 30 percent fat.

However, other diet programs are based on theories that our bodies do not tolerate certain foods and that these must be eliminated from the diet. Most diets are aimed at helping you lose weight, but others promise a disease-free life to those who follow the program. When evaluating each of these diet plans, consider what it promises.

We firmly believe that there is no single best way for everyone to lose weight; most weight-loss diets work for some people; none works for everyone. However, with a little trial and error, everyone should be able to find a diet program that is effective for them.



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DIET TYPE	UNDERLYING THEORY	DIET PLAN
High-carbohydrate, low-fat	Weight loss occurs on these very low-fat, high-fiber, mainly vegetarian diets because much less of such foods is required in order to feel satisfied.	<ul style="list-style-type: none"> • Ornish Diet (<i>see p.164</i>) • Pritikin Program (<i>see p.164</i>) • Hawaii Diet (<i>see p.165</i>) • Low-fat Living (<i>see p.166</i>) • McDougall Program (<i>see p.167</i>)
Carbohydrate-controlled	Based on a strict ratio of carbohydrate, protein, and fat, these diets aim to maintain stable blood-sugar levels, which helps the body break down fat, work within its "peak performance zone," and maximize weight loss.	<ul style="list-style-type: none"> • Atkins Diet (<i>see p.167</i>) • Carbohydrate-Addict's Diet (<i>see p.169</i>) • Protein Power Lifeplan (<i>see p.170</i>) • Sugar Busters (<i>see p.170</i>) • Zone Diet (<i>see p.171</i>) • Life Without Bread (<i>see p.172</i>) • Scarsdale Diet (<i>see p.172</i>) • Schwarzbein Principle (<i>see p.173</i>) • South Beach Diet (<i>see p.174</i>)
Controlling portion sizes	Based on the principle that eating large portions is a major factor in becoming overweight, these diet plans promote weight loss by controlling portion sizes.	<ul style="list-style-type: none"> • Picture Perfect Weight Loss (<i>see p.175</i>) • Volumetrics Weight-control (<i>see p.176</i>) • 90/10 Weight-loss Plan (<i>see p.177</i>) • Change One Eating Plan (<i>see p.177</i>)
Glycemic index	These diets are based on the theory that insulin levels and weight can be controlled by eating low-glycemic-index foods.	<ul style="list-style-type: none"> • Glucose Revolution (<i>see p.178</i>) • Montignac Method (<i>see p.179</i>) • Insulin-resistance Diet (<i>see p.180</i>)
Food-combining	Based on the belief that different food types are digested in different ways and should not be eaten together; weight loss results from correct combining of food types.	<ul style="list-style-type: none"> • Hay Diet (<i>see p.180</i>) • Somersizing (<i>see p.181</i>) • New Beverly Hills Diet (<i>see p.182</i>) • Fit for Life (<i>see p.183</i>)
Metabolic typing	Different blood types affect digestive processes; weight loss occurs when only correct foods for blood type are consumed.	<ul style="list-style-type: none"> • Eat Right 4 Your Type (<i>see p.184</i>) • Body Code (<i>see p.184</i>) • Metabolic Typing (<i>see p.185</i>)
Quick weight loss	Programs based on severe calorie restriction, producing specific weight loss over very short time period.	<ul style="list-style-type: none"> • Cabbage Soup Diet (<i>see p.186</i>) • 5-Day Miracle Diet (<i>see p.187</i>) • Grapefruit Diet (<i>see p.188</i>) • Rotation Diet (<i>see p.188</i>) • 14-day Beauty Boot Camp (<i>see p.189</i>)
Low-calorie, liquid meal replacement	Weight loss based on very low-calorie meal replacements supplying 100 percent of recommended daily vitamins and minerals.	<ul style="list-style-type: none"> • Cambridge Diet (<i>see p.189</i>) • Herbalife (<i>see p.190</i>) • SlimFast (<i>see p.190</i>)
Detox	Detox programs aimed at eliminating toxins from the body, since a healthy liver burns fat more efficiently and therefore aids weight loss.	<ul style="list-style-type: none"> • Fat-Flush Plan (<i>see p.191</i>) • Juice Fasts (<i>see p.192</i>) • Living Beauty Detox (<i>see p.192</i>) • Detox Diet (<i>see p.193</i>)
Weight-loss centers	Weight-loss programs supported by regular weigh-ins, advice, and group support; these work on the basis that dieters find it easier to maintain a diet plan in which they are accountable to others.	<ul style="list-style-type: none"> • Weight Watchers (<i>see p.194</i>) • National Slimming Centers (<i>see p.195</i>) • Jenny Craig (<i>see p.196</i>) • LA Weight Loss (<i>see p.196</i>) • Nutrisystem (<i>see p.197</i>)

cardiovascular disease (see p.214–221). You are likely to have more energy and feel good when you follow this diet, since it offers plenty of food, high-fiber snacks, and encourages daily physical activity. Since the diet is very low in fat, however, it may be difficult to follow, especially if you often eat away from home. Recipes for the suggested meals and snacks are helpful, but might require considerable preparation. You should be careful to stick to the portion sizes.

McDougall Program

High-carbohydrate, low-fat

- ⊗ Are special products required?
- ⊗ Is eating out possible?
- ⊗ Is the plan family-friendly?
- ⊗ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

This 12-day program is practiced in a live-in clinic in California, where patients experience significant weight loss, in addition to lowered levels of cholesterol and blood pressure.

HOW IT CLAIMS TO WORK

Dr. John A. McDougall, the author of the program, believes that the adoption of a vegetarian diet high in starches from fruits and vegetables aids permanent weight loss. The plan eliminates all meat, dairy products, eggs, and oils, although exceptions are made for rare occasions. The diet is low-fat, meaning that you can eat plenty without eating more calories. Daily exercise is a major element. The McDougall program does not restrict calories, instead allowing unlimited amounts of most fruits and vegetables, including frozen ones.

Dr. McDougall identifies what he terms a "rich" Western diet, high in fats and dairy products, and describes many disorders and diseases associated with such a diet. Patients on Dr. McDougall's program at the clinic experience, on average, a 2–11lb (0.9–5kg) weight loss during the 12 days, accompanied with lowered levels of blood cholesterol and reduced blood pressure.

MCDUGALL PROGRAM

Breakfast

- 4floz (120ml) fresh fruit juice
- 1 cup hot seven-grain cereal

Lunch

- Whole-grain bread sandwich with vegetable filling
- 1 medium apple

Dinner

- 2 bean burritos, and green salad with low-sodium, fat-free Russian salad dressing
- 1 cup sunshine fruit dessert

Snacks

- Unlimited low-fat, high-carbohydrate snacks such as whole grains and rice cakes

THE REGIMEN

This program allows three meals and unlimited healthful snacks each day and encourages you to drink plenty of herbal teas and water. Animal foods, oils, refined foods, alcohol, and caffeine are eliminated but fat, sugar, and salt are permitted in limited quantities. In addition, whole-grain bread and/or additional vegetables may be added to any of the three daily meals. Within the first 12 days, no soybeans or soybean derivatives, nuts and nut butters, seeds, olives, or avocados are allowed, but these can be added later in the program.

The program incorporates medical, psychological, social, and practical preparation for the diet and exercise regime as a positive lifestyle change. Dr. McDougall's book provides a 12-day menu of meals, as well as recipes and tips on healthy eating out.

IS IT HEALTHY?

The benefits of eating more fruits and vegetables and reducing fat intake in reducing the risk of various diseases, bowel disturbances, and cancer, are proven and documented. However, while the results discussed by Dr. McDougall are encouraging, they are specific to the residential program at his clinic, located in California. The situation may have provided additional

benefits, such as social reinforcement and food preparation. In addition, the elimination of all animal products may be unwarranted given the proven health benefits of fish oils (see p.90) and low-fat dairy products (see p.80).

Atkins Diet



Carbohydrate-controlled

- ⊗ Are special products required?
- ⊗ Is eating out possible?
- ⊗ Is the plan family-friendly?
- ⊗ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

By severely limiting carbohydrate intake, this diet produces ketosis, a state in which the body uses up its stored carbohydrate and begins to burn fats for energy (see p.168).

HOW IT CLAIMS TO WORK

Dr. Atkins believed that weight gain is the result of fat synthesis from excess ketones (see p.168). He claimed that fat loss occurs when the body changes from using carbohydrates for fuel to using fats. This change requires a period on a low-carbohydrate diet.

The Atkins diet is organized into different stages. The first stage limits carbohydrates such as bread and pasta, fruits, and some vegetables and includes high-fat food to encourage your body to become ketotic and start using ketones for energy. Some carbohydrates can be reintroduced later, in the maintenance stages of the diet.

THE REGIMEN

The Atkins program begins with a 14-day induction phase to place your body into ketosis. During this period, your daily diet consists of 100g protein, which is the equivalent of eating about 14oz (400g) of meat, 75g fat, and less than 20g carbohydrates, totalling between 1,500 and 3,500 calories per day.

The induction phase is followed by an ongoing weight-loss phase, during which you continue to limit your intakes of carbohydrates to less than 30g per day—the amount of carbohydrate in 8floz (240ml) of soda or two slices of bread.

ATKINS DIET: INDUCTION PHASE**Breakfast**

- 3-egg omelet with ham, cheese, bacon, and mushrooms

Lunch

- 1½ cups chef's salad of ham, chicken, cheese, and eggs, with creamy Italian dressing

Dinner

- 9oz (250g) broiled salmon and 2 cups steamed kale mixed with 1 tsp garlic, 1 tsp lemon juice, and 1 tsp sesame seeds

Snacks

- 1 cup berries with cream
- 1 or 2 cheese sticks

The program is then modified to pre-maintenance and maintenance phases, when your carbohydrate intake can be increased up to 4¼oz (120g) or eight servings per day. (For comparison, note that a typical "balanced" diet would include more than 10¾oz (300g) or 16 servings of carbohydrate per day.)

IS IT HEALTHY?

Reducing calorie intake by cutting carbohydrates is a good slimming principle, but not when taken to this extreme. You will lose weight, but the long-term health effects are not known.

Some 8–10lb (3.6–4.5kg) of weight loss during the first week or so on a low-carbohydrate diet such as this is due to water loss associated with using up stored glycogen. However, while such an immediate result provides a psychological boost to a dieter, once you start eating carbohydrates again, this weight will return.

Another criticism of the diet is that glycogen stores are needed for exercise, and exercise is a key to long-term weight maintenance. For example, scientific studies of athletes show that dietary carbohydrate is essential for optimum athletic performance.

Dr. Atkins claimed that you can eat as much as you want on his diet but, like any other diet, this works only to the extent that your caloric intake is less than your caloric expenditure. Ketosis does tend to reduce appetite but, more importantly, eliminating an entire food group is a significant dietary change that may be enough to help you begin to lose weight. For example, many combination foods are eliminated including pizza because of the crust, hamburgers and hot dogs because of the bun, and all sandwiches. These foods can be high-fat, and can come in large portion sizes. Many convenience and snack foods such as cookies, chips, and pasta are excluded, and these are replaced by structured meals and low-fat snacks, resulting in a lower total caloric intake than usual.

**Jargon buster**

Ketones These chemicals, also referred to as ketone bodies, are produced by your body when it does not get enough calories from carbohydrates and burns fats for energy instead.

Ketosis This is a state in which the body has used up its store of carbohydrates and is producing ketones from the breakdown of fat.

Ketogenic diet A diet that causes your body to produce ketones. This involves limiting your intake of carbohydrates. Examples include the Atkins Diet and Scarsdale Diet.

Some people find the metabolic changes that result from this diet uncomfortable. Carbohydrate cravings, for example, may or may not disappear with time. Some people develop blood-pressure problems, which can lead to dizziness on rising from a seated position, and some complain of bad breath. The lack of fiber in the Atkins diet may lead to constipation and an increase in the risk of certain illnesses, such as colon cancer, while the restricted intake of dairy products, fruits, and vegetables may lead to deficiencies in calcium, the B vitamins, vitamin C, and certain important minerals including iron.

In order to counteract these potential deficiencies, Dr. Atkins recommended the consumption of specific supplements available from his website. His claims that significant calories will be lost through excreting ketones in urine have been disproved. However, when ketones are excreted, they remove water and the minerals sodium and potassium from the body, which means that people on this program must drink plenty of water, diet soda, tea, or coffee (but not fruit juices) to avoid dehydration.

Atkins Diet High in protein and saturated fat from ham, chicken, cheese, and eggs, but low in carbohydrate and fiber, this salad is typical of meals from the induction phase of this weight-loss program.

Diet directory

There is a huge variety of diet plans and weight loss programs—some sensible, some bizarre, and a few that are potentially dangerous. The most widely used are reviewed here.

Ornish Diet

High-carbohydrate, low-fat

- ⊗ Are special products required?
- ☑ Is eating out possible?
- ⊗ Is the plan family-friendly?
- ☑ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

Dr. Dean Ornish is a cardiologist who has demonstrated that the buildup of fatty plaques in the arteries, which causes heart attacks (see p.215), is preventable and reversible by following his program. In addition to the diet, the program covers smoking cessation, anger management, exercise, and meditation and relaxation exercises.

HOW IT CLAIMS TO WORK

This diet works on the principle that by virtually eliminating fat from your diet, you get fewer calories without eating less. It is a plant-based diet that excludes all cooking oils and animal products, except fat-free milk and fat-free yogurt. It also excludes plant foods that are high in fat, such as avocados, olives, nuts, and seeds. Less than 10 percent of calories from fat is allowed, which amounts to approximately ½–1oz (15–25g) of fat per day. The diet is high in fiber and allows moderate use of salt, sugar, and alcohol.

Although this diet does not restrict total calories consumed, when you eat less fat you tend to eat fewer calories. The diet allows you to eat plenty of food and to eat frequently.

THE REGIMEN

Three meals and one or two snacks per day are allowed, of mostly fat-free foods, such as legumes, fruits, grains, and vegetables. These foods can be

eaten at any time, in fairly unrestricted quantities. Fat-free products and egg whites are allowed in moderation, as are certain commercially available fat-free products such as yogurt. The diet also advocates snacking throughout the day to maintain energy levels rather than eating three large meals at long intervals, and lists ideas for healthy snacks. It recommends eating high-fiber fruits, vegetables, grains, and legumes, which help lower levels of cholesterol (see p.40) and the hormone insulin and contribute to weight loss.

ORNISH DIET

Breakfast

- 4froz (120ml) orange juice
- 1½ cups cold cereal with fresh berries and fat-free yogurt

Lunch

- 1 cup tofu, ½ cup broccoli, ½ cup potato, ½ cup chickpeas, mixed together
- 4oz (110g) garlic bread
- 2 cups green salad
- 1 medium apple

Dinner

- 1 bruschetta with sun-dried tomatoes and capers
- 1 cup pasta mixed with red peppers, ½ cup greens, ½ cup white beans, a little chopped garlic, and lemon zest
- ½ cup grilled asparagus with lemon, freshly ground black pepper, and caper vinaigrette
- 1 cup green salad
- 2 peaches poached in red wine

Snacks

- 1–2 snacks of fresh fruit or raw vegetables

IS IT HEALTHY?

Research shows that the low-fat, low-cholesterol Ornish diet can reverse cardiovascular disease (see pp.214–221) by lowering cholesterol levels and reducing blood pressure (see p.215). However, some critics argue that the diet is too low in fat and does not provide sufficient amounts of essential fatty acids (see p.40). The diet excludes fish and oil, despite evidence that fish, fish oil, and olive oil provide a protective effect against cardiovascular disease.

Dr. Ornish's patients were treated in spaliike environments where the meals were prepared by chefs. For people trying to follow the diet at home, the plan may be difficult to maintain.

Pritikin Program

High-carbohydrate, low-fat

- ⊗ Are special products required?
- ☑ Is eating out possible?
- ⊗ Is the plan family-friendly?
- ☑ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

This low-fat program was developed in the 1970s by Nathan Pritikin as a means of treating cardiovascular disease. The work is continued today by his son Robert.

HOW IT CLAIMS TO WORK

This is a low-fat, primarily vegetarian diet based on whole grains, fruits, and vegetables. The author argues that you can eat a much greater volume of low-fat foods and feel satisfied, without taking in too many calories. This diet requires no calorie counting or portion control. Foods are ranked according to their caloric density, and dieters are encouraged to create a healthy balance of low- and medium-ranked foods. The diet encourages the consumption of healthy fats that are high in omega-3 fatty acids (see p.40).

THE REGIMEN

Processed foods, eggs, and most types of fat are eliminated in favor of whole grains, fruits, and vegetables, and low-fat carbohydrates, such as brown rice and whole-wheat pasta. The diet is

graphically demonstrate the number of calories in various portions of foods. Dr. Shapiro also includes a list of foods that you should stock to eat any time, a supermarket shopping guide, an exercise guide, and a selection of menus from restaurants and nationwide chains, with options highlighted.

IS IT HEALTHY?

The strength of Dr. Shapiro's plan is its emphasis on a healthy, reduced-calorie diet and regular exercise. He offers good advice on how to rethink your relationship with food, and diets in particular. The food diary is an important tool for success, especially if you have someone you can share it with in order to establish support and accountability.

If you use it correctly, this program will accomplish calorie reduction without feelings of deprivation. Calorie counting is not necessary, but some people may find it difficult to visualize the calorie and portion comparisons. In this respect, the lone dieter may have a more difficult time than those dieters who are able to visit Dr. Shapiro's clinic on a weekly basis in order to meet with his nutritional counselors and dietitians.

PICTURE PERFECT WEIGHT LOSS

Breakfast

- 1 cup chopped banana and melon
- 3 slices smoked salmon
- 1 pumpernickel roll

Lunch

- 2 cups tossed salad with shrimp and light dressing
- 1 sourdough roll

Dinner

- 4floc (240ml) Manhattan clam chowder
- 1 cup pasta primavera
- 1 cup mixed berries and raspberry sorbet

Snacks

- 8floc (240ml) low-fat yogurt
- 1 piece of fruit
- 2 rice cakes
- 3 tbsp almonds

Volumetrics Weight-control

Controlling portion sizes

- Are special products required?
- Is eating out possible?
- Is the plan family-friendly?
- Do you have to buy a book?
- Is the diet easy to maintain?

The concept of satiety, or feeling of fullness after a meal, forms the basis of this weight-loss and maintenance program. The authors believe that the fuller you feel at the end of a meal, the less you are likely to eat between meals or at the next meal.

HOW IT CLAIMS TO WORK

The aim of this program is to create satiety by choosing low-calorie foods in quantities that make you feel full, rather than eating the same volume of high-calorie foods. Successful weight loss on the plan occurs by reducing caloric intake through food choices that satisfy your appetite and meet daily nutritional requirements, as well as by increasing how much exercise you do. They claim that dieters can expect to lose 1–2lb (0.45–0.9kg) per week. Subsequent weight maintenance is achieved by making the same food choices, but matching calorie consumption with calorie expenditure.

THE REGIMEN

During the weight-loss phase, which should not exceed six months at a time, the authors suggest reducing caloric intake by 500–1,000 calories per day. Three meals each day plus snacks are recommended, and the proportions should follow those of the United States Department of Agriculture's Food Guide Pyramid (see p.72), which suggests that 20–30 percent of total calories should come from fat; 55 percent from carbohydrates, in the form of whole grains, vegetables, and fruits, (aiming for 20–30g of fiber daily); and 15 percent of total calories from proteins, including low-fat fish, poultry without the skin, and lean meats. Moderate

VOLUMETRICS WEIGHT-CONTROL

Breakfast

- 1 cup citrus fruit salad
- 1 English muffin with 2 tsp low-calorie margarine and 4 tsp low-sugar jam
- 8floc (240ml) low-fat milk

Lunch

- Bean and cheese burrito with 8 baked tortilla chips and 4floc (120ml) salsa
- 2 peaches

Dinner

- 3oz (85g) steak and ½ cup vegetable kabobs with asparagus
- 2 cups romaine salad with low-calorie dressing
- ½ cup watermelon with 4floc (120ml) cup fat-free frozen yogurt

Snacks

- 20 mini pretzels

amounts of sugar and alcohol are allowed, as are tea and coffee. Water (72floc/2.2 liters a day for women and 96floc/2.9 liters a day for men) may come from food or drinks. No foods are eliminated from Volumetric Weight-control, but foods with a high-energy density should be limited.

IS IT HEALTHY?

The Volumetrics Weight-control Plan is based on sound, sensible principles for weight loss and maintenance and is backed by short-term studies that confirm its potential for success. Long-term studies are underway. The book provides a clear explanation of the diet's underlying principles as well as comprehensive guides for choosing low-calorie, low-energy dense foods. Sample menu plans and recipes are also included. Followed correctly, weight loss is safely accomplished by making wise food choices, reducing calories while meeting nutritional needs, and increasing physical activity. Because no food is eliminated, the feeling of deprivation is avoided, which makes this program sustainable.

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This is a safe and effective weight-control program for everyone from the moderately overweight to the obese. If you follow it, try to keep your calorie intake to at least 1,000 calories per day and eat a variety of foods.

90/10 Weight-loss Plan

Controlling portion sizes

- ⊗ Are special products required?
- ⊗ Is eating out possible?
- ☑ Is the plan family-friendly?
- ☑ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

This is a low-calorie plan, high in fiber, phytochemicals, and antioxidants and low in saturated fat. The title refers to the concept of eating healthily 90 percent of the time, while for the other 10 percent you can enjoy "fun foods."

HOW IT CLAIMS TO WORK

On this 14-day plan, which may be repeated until you achieve your goal weight, you lose weight by limiting your calorie intake to between 1,200 and 1,600 calories daily, depending on your current weight and activity level. Ninety percent of each day's calories should come from the menus provided, and the remaining 10 percent from a list of "fun foods." The program relies on portion control and, by allowing foods we often crave, encourages you to eat those foods in moderate amounts. Physical activity is emphasized as an important component in both losing weight and keeping it off.

The author, Joy Bauer, claims that you may lose up to 10lb (4.5kg) in the first two weeks but admits that much of that is usually water loss; in subsequent weeks, ½–2lb (0.2–0.9kg) is average. The author discourages quicker weight loss, which is unsafe and runs the risk of losing lean muscle mass.

THE REGIMEN

In the 90/10 Weight-loss Plan, you follow a daily menu, which includes breakfast, lunch, dinner, and snacks.

Each day, you choose one item from the list of fun foods or snacks that may be eaten at any time during the day. Calorie counting is not necessary if you follow the menus, but the calorie range for each meal is given in case you are not able to follow the menu provided. The plan offers menus for 14 days, while additional main course menus are available to lend diversity to the program. Multivitamin and calcium supplements are suggested, and the plan encourages drinking plenty of water, coffee, tea, and seltzer.

Before you begin the diet, the author suggests taking a "before" photograph, writing down your clothing size and body measurements, and, if possible, having your body fat measured. She then recommends repeating this two weeks later, so that you can track your progress in other ways besides weight.

IS IT HEALTHY?

The 90/10 Weight-loss Plan is based on the interesting concept of eating healthy for 90 percent of the time, while being allowed to "cheat" for the remaining 10 percent. The menus are designed to be low in saturated fat and high in fiber, phytochemicals, and antioxidants.

Even if you substitute some of the other dinner plans provided, this program may become monotonous, since you are asked to repeat the menu repertoire every two weeks for as long as it takes to achieve your target weight loss. The

90/10 WEIGHT-LOSS PLAN

Breakfast

- 1 whole-grain waffle with ½ cup berries

Lunch

- 8floz (240ml) cottage cheese with ½ cup fresh fruit salad

Dinner

- 4oz (115g) spinach lasagna
- 1 cup green salad with olive oil and vinegar dressing

Snacks

- Granola bar or cereal bar
- ½ cup potato chips (fun food)

1,200-calories-per-day program included in the book is very restrictive, and few will be able to follow it successfully for extended periods of time. The book includes tips for subsequent weight maintenance, but it could be more instructive in teaching you how to determine sensible portion sizes and how to make healthy meal choices, especially when you are dining out.

Change One Eating Plan

Controlling portion sizes

- ⊗ Are special products required?
- ☑ Is eating out possible?
- ☑ Is the plan family-friendly?
- ☑ Do you have to buy a book?
- ⊗ Is the diet easy to maintain?

Based on the idea that it takes time to adjust to new habits, this 12-week plan advises making just one change to your eating habits each week. Online support and information are available.

HOW IT CLAIMS TO WORK

The program starts by overhauling your breakfast routine and then, over the first month, works through lunch, snacks, and dinner. Each chapter provides a guide to staying within a 1,300 calorie-per-day allowance (or up to 1,600 calories per day for the active or significantly overweight) by focusing on portion control. Change One is based on the principle that it is not what we eat, but how much we eat, that is at the root of our weight problems. The menus provide reduced calories without compromising nutritional value or fiber intake. Since exercise is included as part of the program, you can expect to lose weight in safe amounts—1–3lb (0.45–1.35kg) per week—and maintain weight loss. A limited trial showed that volunteers who followed the program over the 12-week period lost an average of 17lb (7.7kg).

THE REGIMEN

In the first week of the diet, the focus is on breakfast. Lower-calorie, nutritionally balanced meals begin the day, but you