

# Lesson 12



Dieting to Lose Weight

# Objectives

---

- Learn the basics of dieting
- Understand more about common diets
- Know why diets don't work
- Discover the best diet to be on
- Apply this into your life

# Disclaimer

---

Neither this presentation, the website nor videos are intended to promote any diet, pill, filter, or other device whatsoever. The creator of these resources is not funded by any pharmaceutical or food company whatsoever. All information in this presentation is from research online and from books.

# The Basics of Dieting

# What Diet Means

---

- According to the Merriam-Webster Online Dictionary, one of the definitions of a diet is “a regimen of eating and drinking sparingly so as to reduce one's weight”.
- This definition is the one that I will be referring to throughout this presentation.

# Types of Diets

---

- There are many different types of diets in existence. Thus, in this presentation you will learn about a variety of different types.
- Why are there so many? This is because everyone is different, and no one diet can fit any one person.
- While diets are often used in the sense of weight loss, a diet can also refer to one's eating plan. In a way, a diet is an eating plan that allows one to lose weight.

# What Diets Do

---

- Generally, when you begin a diet you are to cut out a food or a beverage for health benefits. For example, if I were to start a processed food diet I would cut out whole foods like fruits and vegetables.
- However, sometimes diets can order you to cut out a mealtime. For more information on fasting and skipping meals, go to Lesson 11.

# Diets Discussed

---

- Atkins diet
- Zone diet
- Ketogenic diet
- Vegetarian diet
- Vegan diet
- Weight Watchers diet
- South Beach diet
- Raw Food diet
- Mediterranean diet
- Paleo diet

# Each Diet in Detail

# Basics of the Atkins Diet

---

- The Atkins diet is a low-carb diet devised by Dr. Robert Atkins. It minimizes, as in the name, carbohydrates in order for weight loss to occur.
- The diet consists of 4 phases: induction, balancing, fine-tuning, and maintenance. Each one will be discussed in depth in the next slides.
- Those on the Atkins diet should **avoid** sugars, grains, vegetable oils, and trans fats. During the phase of induction, vegetables and fruits with high amounts of carbohydrates, starches, and legumes should also be avoided but can be reintroduced later.
- You are permitted to consume meat, eggs, dairy, low-carb fruits and vegetables, nuts and seeds, and healthier oils.

# Philosophy

---

- The Atkins diet recommends the minimization of carbohydrate consumption. Why?
- The theory goes that carbohydrates spike your blood sugar. As a result, insulin is released, which prevents fat burning from occurring.

# Phases of the Atkins Diet

---

- In Phase 1 (induction), you are to remove the following from your diet: sugars, grains, vegetable oils, vegetables and fruits with high amounts of carbohydrates, starches, legumes, and trans fats. This phase lasts 2 weeks.
- In Phase 2 (balancing), you can slowly add back vegetables and fruits with high amounts of carbohydrates, starches, and legumes. Stay on phase 2 until you reach near your goal weight.
- In Phase 3 (fine-tuning), you can add more carbohydrates to your diet until weight loss slows and eventually plateaus.
- Finally, in phase 4 (maintenance) you can consume healthy carbohydrates normally. You should avoid consuming unhealthy carbohydrates to maintain your weight.

# Cost-Benefit Analysis of the Atkins Diet

Costs	Benefits
Deprivation of Fiber	No Limit on Eating Frequency
High-Protein Foods are High in Fat → LDL Cholesterol Increase	Significant Weight Loss during Induction
Deprivation of Antioxidants	Stable Blood Sugars
Overconsumption of Protein	

# Basics of the Zone Diet

---

- The Zone Diet is an anti-inflammatory diet designed by Dr. Barry Sears, an American biochemist. People on this diet consume specific amounts of protein, carbohydrates, and fat at each meal to reduce bodily inflammation.
- Dr. Sears believed that inflammation caused weight gain, aging, and sickness. Proponents frequently give these reasons in defense of the diet.
- The diet nutrient ratio would be 4:3:3 (40% protein, 30% carbohydrates, 30% fats). This ratio must be strictly adhered to.
- The Zone Diet is intended to be followed for life. Thus, there are no phases in the diet.
- There are two different ways to achieve the Zone Diet goals: the Hand-Eye Method and the Zone Food Block Method.

# The Hand-Eye Method

---

- Most often, people begin with the Hand-Eye Method because it is easier to follow. Remember, however, that you can switch between both if you wish.
- You only use your hand and your eye to track your eating plan. Your five fingers represent the five times you should eat at, to eat food at least every five hours, and your portion sizes.
- A Zone plate is divided into 3 parts. View the diagram on the next slide to view the overall makeup of a Zone plate.

# The Zone Food Block Method

---

- This is the more advanced of the two methods that are used for the Zone diet. In this method, you personalize your eating plan.
- You do this by calculating grams of protein, carbohydrates, and fat per day. This works because every person has a different size, weight, etc., so this method adapts better to an individual's needs.
- Each block is a single component of food - protein, carbohydrates, and fat. Each major meal will contain 3 to 5 Zone blocks, while snacks have 1.

# Permitted Foods

---

- The Zone diet allows different foods for each type of nutrient. Below you will find these foods.
- For protein, the following are allowed: low-fat dairy, lean meats, egg whites, and other sources such as tofu.
- For fat, the following are allowed: avocados, nuts, peanut butter, tahini, and oils.
- Finally, for carbohydrates, the following are allowed: low-sugar fruits, non-starchy and non-sugary vegetables, and intact grains.

# Prohibited Foods

---

- High-sugar fruit
- High-starch and sugary vegetables
- Refined and processed carbohydrates
- Processed foods
- Soft drinks
- Coffee
- Tea

# Cost-Benefit Analysis of the Zone Diet

<b>Costs</b>	<b>Benefits</b>
Little Evidence to Support Strong Claims	No Strict Restriction of Foods
May Not Improve Blood Values	Flexibility
Zone Ratio is not Necessarily Optimal	Fat Loss
	Slowing of Aging

# Basics of the Ketogenic Diet

---

- The ketogenic, or keto, diet is a low-carbohydrate diet, similar to Atkins. It is also high in fat.
- The **keto** part of **ketogenic** comes from the word **ketone**. These are small fuel molecules purportedly made during a keto diet.
- These ketones are made only if carbohydrates are minimally consumed and protein is moderately consumed. High fat consumption will lead to high ketone production.

# Foods Allowed

---

- Natural fats (olive oil, butter, etc.)
- Meat and Eggs
- Vegetables above the ground
- Cheese and high-fat dairy

# Foods Prohibited

---

- High-Sugar Fruits
- Pasta
- Processed Foods
- Cooked Rice
- Bread

# Cost-Benefit Analysis of the Ketogenic Diet

<b>Costs</b>	<b>Benefits</b>
Keto Flu	Treats Neurological Diseases
Change in Water and Mineral Balance	Reduction of Heart Disease Risk Factors
Scurvy in Children	Treats Cancer
Higher Mortality	Helps to Heal Brain Injuries

# Basics of the Vegetarian Diet

---

- The vegetarian diet is a diet excluding meat entirely. Generally, people go on this diet for ethical and/or nutritional reasons.
- Roughly 18% of the worldwide population is vegetarian, according to some estimates.
- Cutting meat from your diet has benefits for the environment and your health, so it is unsurprising that this diet is extremely popular.
- There are multiple types of vegetarian diets. I will discuss the most common types in the upcoming slide.

# Types of Vegetarian Diets

Name	What is Cut Out	What is Permitted
Lacto-ovo vegetarian diet	Meat, Fish, Poultry	Dairy, Eggs, Plants
Lacto-vegetarian diet	Meat, Fish, Poultry, Eggs	Dairy, Plants
Ovo-vegetarian diet	Meat, Fish, Poultry, Dairy	Eggs, Plants
Pescetarian diet	Meat, Poultry	Fish, Occasional Eggs, Plants
Vegan	All Animal Products	Plants
Flexitarian	Meat, Fish, Poultry (May be Consumed Occasionally)	Dairy, Plants

# Cost-Benefit Analysis of the Vegetarian Diet

Costs	Benefits
Nutritional Deficiencies (all diets)	Potential Enhancement of Weight Loss
May be Difficult to Follow at First	Potential Reduction in Cancer Risk
Requires Others in Household to Reduce or Eliminate Meat Intake	Potential Stabilization of Blood Sugar
	Heart Health

# Basics of the Vegan Diet

---

- The vegan diet is very popular now. Most people become vegan for ethical, environmental, or nutritional reasons.
- Like with vegetarian diets, there are also many different types of vegan diets. View the next slide to find out more information. The one diet that is not included is a junk food vegan diet, which minimizes plant foods and maximizes processed foods as well as animal food substitutes.
- In a vegan diet, animal foods are completely excluded from one's diet. This is meat, dairy, eggs, and other foods like honey.

# Types of Vegan Diets

Name	What is Cut Out	What is Permitted
Whole-Food Vegan diet	Animal and Processed Foods	Whole Plant Foods
Raw Food diet	Animal, Processed, and Cooked Plant Foods	Raw Plants
80/10/10 diet	Fat-Rich, Animal, and Processed Foods	Raw Fruits and Vegetables
Starch Solution	Low-Starch, Animal, and Processed Foods	High-Starch Foods
Raw until 4	Animal and Processed Foods (latter until 4)	Plant Foods
Thrive Diet	Animal and Processed Foods	Raw or Minimally Processed Plant Foods

# Cost-Benefit Analysis of the Vegan Diet

Costs	Benefits
Potential for Nutritional Deficiencies (all diets)	Weight Loss
Not All Diets Limit Junk Food	Assists with Arthritis
May Not Be Comfortable for Some People	Reduces Kidney Disease
	Reduction of Chronic Diseases

# Basics of the Weight Watchers Diet

---

- Weight Watchers is a very popular program. In fact, thousands go on the diet each year in hopes of weight loss.
- The diet was first founded in 1963. Beginning in a New York City home, it quickly became popular among those who wished to lose weight.
- Weight Watchers formerly involved the use of an exchange system, but now rates foods using SmartPoints. These SmartPoints are given to foods and beverages based on caloric content, fiber, and other nutrients.

# How SmartPoints Work

---

- As mentioned before, SmartPoints classify food based on calorie, fat, and sugar contents, as well as other factors.
- Dieters are given points based on different factors such as height, age, weight loss goals, and gender. This is done at the start of the program.
- So long that one stays within their points, they can eat any foods they wish to eat.
- The rating systems rates healthier foods lower than unhealthier foods. For example, yogurt with fruit is 2 while a doughnut is 10.

# The WW Freestyle Program

---

- The Weight Watchers diet was revamped in 2017. As a part of this, the SmartPoints system was revamped.
- Now, a new program called WW Freestyle was added. WW Freestyle works differently from SmartPoints.
- WW Freestyle provides a list of zero-point foods (over 200 of which exist), which do not have to be checked prior to consumption. Under the new system, it is more convenient for dieters.

# Cost-Benefit Analysis of the Weight Watchers Diet

<b>Costs</b>	<b>Benefits</b>
Required to Keep Track of Foods Consumed	Long-Term Weight Loss
Expensive	Flexible and Adaptable Plan
High Amount of Money for Investment	No Limits on Food
Very Permissive	Good for Those with Food Limits

# Basics of the South Beach Diet

---

- The South Beach diet is a low-carb diet that promotes heart health and supposedly achieves this without causing hunger.
- The diet was created by Arthur Agatston, MD. According to an article on Healthline ([here](#)), Dr. Agatston found the Atkins diet to be successful in promoting weight loss.
- However, Dr. Agatston felt uncomfortable with the facts that (1) the Atkins diet included a high amount of saturated fat and (2) the diet excluded high-fiber foods. Thus, he created the South Beach diet.
- The South Beach diet consists of three phases. It also includes high amounts of foods with low scores on the glycemic index (GI) as well as lean meats and unsaturated fat-containing foods.

# Phases of the South Beach Diet

---

- The South Beach Diet's three phases serve different purposes. Two phases are for weight loss and one is for weight maintenance.
- Phase 1 lasts two weeks and is extremely strict. Those in Phase 1 of the diet are not allowed to consume high-carbohydrate foods at all; foods like legumes, starch-free vegetables, and lean proteins are permitted.
- Phase 2 can last as long as one wishes. In this phase, all foods from the first two weeks are allowed in addition to some fruits and some types of alcoholic beverages.
- After this, one moves into Phase 3. In this phase, the diet is basically over. There are no limits on food intake and occasional treats are permitted.

# Permitted Foods

---

- Lean meats
- Legumes
- Starch-free vegetables
- Nuts and seeds
- Oils
- Fatty plant and animal (some) foods
- Specified sweet treats, beverages, and condiments

# Foods Prohibited in Phases 1, 2, and 3

---

- Fatty meats, butter, and coconut oil\*
- Sugar and sugar-containing foods
- Milk\*
- Grain foods
- Fruit and Fruit Juices\*
- Specified Vegetables (and Fruits)\*
- Alcohol (except light beer and dry wine\*)

\*ALSO PROHIBITED IN PHASES 2 AND 3

# Cost-Benefit Analysis of the South Beach Diet

<b>Costs</b>	<b>Benefits</b>
Extremely Restrictive	Weight Loss without Hunger
Allows Harmful Fats	Easy Planning
Does Not Allow Butter and Coconut Oil	Pleasurable Food
	Large Amount of Recipes Available

# Basics of the Raw Food Diet

---

- The raw food diet prioritizes raw foods, as in the name. There are four types of raw food diets, which will be covered in the next slide.
- Unlike on other diets, some people on the raw food diet do not intend to lose weight. However, this diet can help people to achieve weight loss.
- People on the Raw Food diet **generally** do not consume cooked foods, processed foods, and oils. However, whether or not one consumes these foods on their diet depends on personal choice.

# Types of Raw Food Diets

<b>Diet Type</b>	<b>Foods Consumed</b>
Vegetarian	(Raw) Plants, Eggs, Dairy
Vegan	(Raw) Plants
Omnivore	(Raw) Plants, Animals, Animal Products

# Preparation of Foods

---

- On a raw food diet, dehydration, blending, and soaking of foods is permitted. This depends on the type of food, however.
- Grain foods, beans, and seeds must be soaked and/or sprouted.
- Nuts are to be soaked and fruits (some) can be dried.
- Fruits and vegetables are to be blended into smoothies. They can also be eaten whole and plain.

# Cost-Benefit Analysis of the Raw Food Diet

<b>Costs</b>	<b>Benefits</b>
Hard to Stay Motivated	Weight Loss
Potential for Digestive Problems	Defense against Chronic Diseases
Lack of Cooking → Bacteria Not Killed	More Energy
	Better Digestion

# Basics of the Mediterranean Diet

---

- The Mediterranean diet is a diet based on the pattern of eating of people in, you guessed it, the Mediterranean region of the world.
- The diet is mainly plant-based, with an emphasis on fruits, vegetables, nuts, legumes, and olive oil. Dairy and meat are eaten in smaller portions.
- The Mediterranean diet is popular because it improves heart health and has many other benefits. View the cost-benefit analysis for all of the benefits and disadvantages.

# History of the Mediterranean Diet

---

- The diet began when the Greek government asked the Rockefeller Foundation to assess the state of Greece after World War II. The rates of heart disease and cancer, as well as of disease overall, were the lowest of all nations.
- Thus, the Foundation looked at their diets to see what happened. Apparently, Greek people ate predominantly plant-based diets (up to 90% plants).

# The Mediterranean Diet over Time

---

- However, the Mediterranean diet includes wine. According to a [NutritionFacts.org video](#), this increases the risk of breast cancer. Note, however, that consuming alcohol-free red wine will not cause the increase in risk.
- Today, the traditional diet is not consumed. People are consuming processed grains and oils instead of the clean ones in the traditional Mediterranean diet. By consuming whole olives and unprocessed grains, negative health effects can be minimized.

# Cost-Benefit Analysis of the Mediterranean Diet

Costs	Benefits
Vague Guidelines	Weight Loss
Discuss with Doctor	Better Cognitive Function
Excess Cheese, Olive Oil, Wine → Weight Gain	Reduction of Inflammation
	Heart Health

# Basics of the Paleo Diet

---

- The Paleo diet is a diet based on what humans ate in ancient times. It is unclear what they ate; however, some sources say humans ate whole plants and meat.
- The theory goes that because people ate whole plants and animals, they had lower chronic disease rates and did not suffer from obesity.
- Note that people ate different foods depending on where they lived. Thus, one can adapt their diet to their needs for the same reason.
- The diet is basically the same as the Standard American Diet, except that all the food consumed is raw.

# Cost-Benefit Analysis of the Paleo Diet

<b>Costs</b>	<b>Benefits</b>
Extremely Restrictive	High Amount of Nutrient-Dense Foods
Expensive over Time	Weight Loss
Environmental Damage	Better Lifestyle Practices

# Why These Diets Don't Work

# Why These Diets Don't Work

---

- Diets do not promote long-term weight loss. When you diet, you are starving yourself - thus, your body lowers your metabolism, making weight loss harder.
- Diets often exclude necessary nutrients that your body needs while not teaching you what foods are causing your sickness. Thus, at the end of the diet it is likely that you will continue the same habits that led you to gain weight.
- Diets can also cause eating disorders and take pleasure out of eating.
- As a final note, most pills and “potions” are not effective alone. They must be paired with healthy diet and exercise, which in many cases are the parts people miss.

# A Note on the Cost-Benefit Analyses

---

- The benefits that are listed are just purported. Although some are backed by evidence, others are not.
- Remember that science is always evolving and papers with new insights are coming out each day. Thus, some “benefits” may no longer be benefits and instead costs.

# The Ideal Diet

---

- The ideal diet is a permanent whole food plant-based diet. This diet is similar to the raw food vegan diet, but permits cooking without limits.
- In this diet, you prioritize the consumption of whole grains, vegetables, fruits, legumes, nuts, and seeds. These foods are shown to have numerous health benefits when eaten.

# Summary

# Review of Objectives

---

- Learn the basics of dieting
- Understand more about common diets
- Know why these diets don't work
- Discover the best diet to be on
- Apply this into your life

Thank you for visiting this presentation!!! I wish you all the best in your journey to optimal health. Ensure that you check the resources page to find out where I got the information, as well as to go to those sources to learn more.