

Which Diet Suits Me?



Your Free Guide to 8 popular diets.

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okay that's the boring legal stuff out of the way.....let's move on!



Which Diet Suits Me?

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Introduction.

The concept of this e-book came about whilst planning for my own wedding. Whilst it was originally intended as a guide for brides it is by no means limited to them.

It is my hope that anybody looking for a solution to their weight problems will find this guide useful, if for no other reason just having information about some of the most popular diets all in one manual should save the reader a lot of time. I know from my own research that getting information is time consuming and getting the correct information takes even longer.

In addition to the Internet, which proved frustrating as well as invaluable, I have read a lot of books, reports and spoken to a number of people who run programs and others that have been on them. This has been very useful in determining which diets are more suited to daily living. There are some good diets out there but some can be time consuming and others can be very expensive. Eventually one must choose a diet that works and fits in to your lifestyle. However I do not believe there is a quick fix and ultimately I think one needs to have a long term strategy if you want to live a healthy and thin life.

This guide is intended as an aid to helping you save time in selecting the plan best suited to you - I still use two of the diets listed here. Using two diets might sound a bit strange but my situation was that I wanted to get on to a healthier lifestyle but also needed to lose weight rather quickly (the wedding seemed to suddenly loom around the corner and I had left things far too late).

The “quick loss” diet I used was Fat Loss 4 Idiots which comes in an e-book format and which I have kept in case I ever need it again.

By nature I am a bit of a fitness freak so Burn The Fat Feed The Muscle is my lifestyle guide for my long term weight maintenance. I have adapted this program to suit my life style and go to the gym several times a week. I also love gardening and tend to walk a lot.

If you feel and look good it definitely shows.

The diets listed in this guide are split into two categories: Quick Weight Loss and Ongoing Weight Maintenance and then each one is rated according to what I believe is its effectiveness. Some diets have a rapid (initial stage) weight loss followed by a maintenance stage.

For more information on each diet simply click on the heading (or click on the logo).

What you read in these pages may simply be the confirmation that you have been looking for.

There are hundreds more diets out there and I intend to review and update this guide as time progresses. You will automatically receive any updates if I have your e-mail address. If I do not have your e-mail address and you would like to receive the updates you can [go here](#) to leave me your details and to be added to the mailing list for the next “Which Diet Suits Me?” update.

And finally if you have found this guide useful please let your friends know about it or give them a copy. All I ask is that you do not alter it in any way.

Enjoy!

Adrienne Lorkin

Fast Weight Loss Diets

My # 1 Choice of rapid weight loss diets.

This is a great diet to lose weight and see the results quickly! It is extremely useful for those bad periods, like Christmas and New Year, where one traditionally overindulges.

Use if:

- you want to lose quickly and then get back to normal.
- You want to lose before starting a long term diet plan

Meals are very tasty and there is no calorie counting.



Fat Loss 4 Idiots was released in late 2004. Named for its simplicity and the fact that anyone can follow it, the diet is operated through an on-line software program that will create daily meal plans based on your food preferences.

The rationale behind the diet is that by eating regular food in an irregular sequence the metabolism is activated into speeding up.

The diet follows a 14 day cycle - 11 days of planned meals, followed by 3 days of "cheat" meals.

Fat Loss 4 Idiots food is made up of lean proteins, fruit and vegetables, and the sources of fat come from whole foods (such as cottage cheese or eggs). There are some starchy carbohydrates (such as oats and pasta). The day is divided into 4 meals that should be eaten at a minimum of 2 1/2 hours apart. There is no calorie or carbohydrate counting, no limit on portion size - **Fat Loss 4 Idiots** says you "just eat short of being full".

Typical Meal Plan

Day 1	Day 2	Day 3
Meal #1: Flavored Oatmeal Meal #2: Tuna Salad Meal #3: Sandwich (any type) Meal #4: Scrambled Eggs	Meal #1: Banana Milk Shake Meal #2: Chicken Meal #3: Scrambled Eggs [and] Mixed Vegetables Meal #4: Cottage Cheese	Meal #1: Chicken Meal #2: Fruit Salad Meal #3: Fish Fillet Meal #4: Cottage Cheese

It is difficult to obtain an exact caloric breakdown because meal sizes are based around eating short of being full. An analysis of a typical day's meal indicates the diet is high in protein, low in fat, and with reduced carbohydrates. However all the foods listed are good choices.

What You Can Expect To Lose.

Fat Loss for Idiots claims 9 pounds lost every 11 days.

Such rapid weight loss, considered to be unhealthy by some is often possible during an induction (typically a phase where you drop out starchy carbohydrates). The weight lost is made up of a combination of water and fat, and may also include the loss of some muscle. This kind of weight loss would be difficult to sustain, and would almost certainly be accompanied by a drop in metabolism. Many find it useful to kick start a long term dieting program where excess weight is required to be shed early and rapidly.

Possible Negatives.

The rapid weight loss that this program produces could be difficult to sustain. Many believe that any weight loss in excess of 2 – 4 lbs per week is unhealthy.

For More Information and to visit the Fat Loss 4 Idiots Website [click here.](#)

My # 2 Choice.

Another great diet for fast weight loss followed by a maintenance program. Originally developed for overweight heart patients it cannot be bad.

The only negative is the expense of continually eating the recommended foods.

This diet also falls under the long term lifestyle plans.



The South Beach Diet.

The South Beach Diet plan was created by cardiologist Dr Arthur Agatston based at Mount Sinai Hospital - in South Florida.

Originally developed for overweight heart patients the diet proved successful not only in improving the patients' health but also in reducing their weight.

Since hitting the shelves, Agatston's book "**The South Beach Diet: The Delicious, Doctor Designed, Foolproof Plan for Fast and Healthy Weight Loss**" has remained a bestseller.

The diet is becoming known as the "healthy" version of the Atkins diet. This diet is good - very good, and includes foods such as whole grains, healthy fats, fish, chicken, fruits and vegetables.

How The Plan Works.

The South Beach Diet begins with a somewhat restricted two-week induction phase -- generally producing weight loss of 8 to 13 pounds.

During induction most carbohydrates (such as rice, pasta, and breads) must be avoided. There are three meals a day and snacks -- eating until hunger is satisfied. Meats, shellfish, chicken, turkey, and fish are all on the menu - along with nuts, fat-free cheese, eggs, salads, and vegetables.

There are two subsequent phases that include specific meal plans and recipes. The second phase reintroduces some of the foods avoided in Phase 1 - but only sparingly. In this phase weight loss should be in the region of 1-2 pounds per week.

The final phase is about maintaining a lifestyle, about eating healthy foods and maintaining weight.

This is NOT Atkins.

Although the **South Beach Diet** may seem similar to the Atkins diet or the Zone diet, Dr Agatston stresses it is not a strictly low-carbohydrate diet. It's all about balancing the good carbohydrates against the "bad" carbohydrates.

The induction phase a is no doubt a low-carbohydrate phase but the rest of the **South Beach Diet** is based around the Glycemic Index (see note on Glycemic Index at the back of this book) with carbohydrates being chosen according to this index.

The **South Beach Diet** have an on-line program with an extensive recipe database which includes some 800 recipes and caters for vegetarians.

Typical recipe during the Induction Phase.

Breakfast

Tomato juice, 6 oz
Scrambled eggs with fresh herbs and mushrooms
Canadian bacon, 2 slices
Decaf coffee or decaf tea with fat-free milk and sugar substitute

Snack

Part-skim mozzarella cheese stick

Lunch

Chicken Caesar salad (no croutons)
Prepared Caesar dressing, 2 Tbsp

Snack

Low-fat cottage cheese (½ cup) with ½ cup chopped tomatoes and cucumbers

Dinner

Mahi mahi
Oven-Roasted Vegetables
Arugula salad
Low-sugar prepared dressing

Dessert

Lemon Peel Ricotta Crème

Typical recipe during Phase 2.

Breakfast

Berry smoothie (8 oz Dannon Light 'n Fit fruit-flavored yogurt, ½ cup berries, ½ cup crushed ice, blended)
Decaf coffee or decaf tea with fat-free milk and sugar substitute

Snack

1 hard-boiled egg

Lunch

Lemon Couscous Chicken
Tomato and cucumber slices

Snack

Dannon Light 'n Fit yogurt, 4 oz

Dinner

Meat Loaf
Steamed asparagus
Mushrooms sautéed in olive oil
Sliced Bermuda onion and tomato with drizzled olive oil

Dessert

Sliced cantaloupe with 2 Tbsp ricotta cheese

Typical recipe for the Maintenance (or Lifestyle) Phase.

Breakfast

½ grapefruit

Tex-Mex eggs (2 eggs scrambled with shredded Monterey Jack cheese and salsa)

Whole grain toast, 1 slice

Decaf coffee or decaf tea with fat-free milk and sugar substitute

Lunch

Roast Beef Wrap

Nectarine

Dinner

Grilled salmon with tomato salsa

Tossed salad (mixed greens, cucumbers, green bell peppers, cherry tomatoes)

Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

Dessert

Chocolate-Dipped Apricots

Possible Negatives.

The **South Beach Diet** is considered by some to be a fad. However the principles and eating patterns outlined and recommended in the diet are sound and had a positive impact on the eating habits and lifestyle of millions.

Nutritionally sound foods are usually more expensive than their highly-processed counterparts and these more expensive food items could make the diet prohibitive for some people.

The principles of eating in balance, little-and-often, low-GI carbohydrates are all included in the **South Beach Diet**.

For more information on the South Beach Diet **[Click here.](#)**

My #3 Choice.

A good diet for very overweight people. For that reason it does not suit everyone.



Medifast

Medifast is a low calorie diet that will bring about rapid weight loss - in the region of 2-5 pounds per week. The diet is undertaken by purchasing meal replacement products from **Medifast** that will provide an optimal calorie and nutrient amount for both men and women.

How The Plan Works.

This **Medifast** plan is made up of 5 meal replacements per day (generally shakes, but there are also bars, soups, oatmeal, and puddings). In addition to the meal replacements - 1 meal per day is a "lean and green" meal - a small portion of lean meat, and generally up to 2 cups of salad or vegetables. Meals are taken every 2-3 hours and you are required to drink a minimum amount of water each day.

Although the food can be bought over the counter **Medifast** recommend having supervision from a physician. The reason for this is because caloric intake is between 800-1000 calories per day which is very low.

While there are over 60 different pre-packaged foods, the most popular items are the protein shakes. **Medifast** has optimized vitamins and minerals to ensure there will be no deficiencies while reducing calories.

Like the Jenny Craig scheme there are often special offers available with the initial sign up process.

On reaching the desired weight the **Medifast** plan involves a gradual transition back to 'normal' meals over a period of about 2 weeks.

Thereafter it is recommended that 1-3 **Medifast** meals are eaten daily. Plus a moderately intense exercise routine of 30-45 minutes per day, 5 days a week is required to keep the weight off.

Possible Negatives.

Medifast is one of the more successful and balanced low-calorie diets - it has been trialed successfully at John Hopkins Weight Management Center, among other places.

There are numerous success stories from overweight people who have successfully used **Medifast** to drop their weight down to manageable levels.

This weight loss program is generally only used by the very overweight (BMI \geq 30). It will only suit some people, and beware of slowing your metabolism leading to subsequent weight gain.

Lifestyle Diets

My #1 Lifestyle Diet Choice.

A diet that combines exercise with sensible eating.

If you like exercise and living healthy you cannot go wrong with this program.

A great diet for couples who like doing things together.

Do not be put off by the cover or the volume of information as it is easy to adapt to individual lifestyles.



Burn The Fat Feed The Muscle

Burn The Fat Feed The Muscle (BFFM) is a 340 page e-book written by *natural* bodybuilder Tom Venuto. You will notice the emphasis on "natural" as this diet program was written after 14 years of personal research by the author.

The number 1 selling "on line" diets for some time the author has gone to great pains to come up with a plan that is affordable and long lasting. It is a natural weight loss program without any supplements.

How It Works.

This diet goes into great detail on a variety of subjects relating to exercise and nutrition.

The benefits are probably best described by the headings of the lengthy introduction:

Burn the Fat Feed the Muscle is:

- Truthful unbiased and objective.
- **Not** a very low calorie or starvation diet.
- Not just a nutrition program; it merges nutrition with exercise – essential for **permanent weight loss**.
- Does not confuse weight loss with fat loss.
- Not a temporary quick fix. It teaches you new habits you can maintain as a lifestyle.
- Not a generic "one-size-fits-all" program. It is individualized for your goals and your body type.
- Not just about cosmetic improvement – its about your overall health.
- Simple – but not easy
- Teaches you the secret of goal setting and the power to achieve any goal you desire.
- Based on real food you can find right in your local supermarket – no supplements or shakes are required.
- Based on real world results.

Reading and starting the program you soon realize that the author is not only an authority on his subject but he is extremely passionate about the need to have a healthy body. He comes through as a person who has achieved a superb physique as a result of his beliefs rather than as a result of just very hard work.

This book does not promise any quick fixes – that in itself is very refreshing as losing weight is hard work. Nor does it promise any secret methods. The reader is presented with simple facts and left in no doubt that goals are very achievable if you simply set your mind to it and stick to a plan.

To get the maximum benefit out of this program you need to read the book a couple of times. This can be daunting at first, because there is so much of it, but the reading is easy and enjoyable.

In addition to the author's actual results with his own testing, and those of his clients, there is a lot of scientific fact produced to back up his claims.

BFFM will completely educate you on the core nutrients - carbohydrates, protein, and fats. The appendix provides a number of sample meal plans - but the book is all about teaching you how to eat right, and make your own meal plans.

Burn the Fat Feed the Muscle could be described as a "moderate carbohydrate and protein, but fairly low fat diet".

There is no strict formula regarding carbohydrates, protein or calories in the book. Emphasis is placed on the fact that each person is different.

Additional Benefits.

In addition to the main BFFM book there are 7 other e-books included in the price. These include: recipes, how to measure your Body Mass Index, food choices, secrets of six pack abs and many more.

The program is backed by a solid and generous guarantee. It is no wonder it is a top seller.

Possible Negatives.

At first glance the website seems to be something only for "body builders". However as the author is himself a body builder, and an extremely successful one, this can be forgiven.

The e-book is very comprehensive (one can get the feeling that there is too much information) and seems at first glance to be hard work.

For more information and to visit the Burn The Fat Feed The Muscle website [click here](#).

My #2 Choice of Lifestyle Diets.

An excellent diet for everyone.

Only ranked 2 because it does not include exercise (and I believe in and love exercise but that's just me!!).

Some may consider it a fad but it is an excellent diet with an initial phase and then a weight maintenance phase.

The only negative (besides the exercise) is the fact that it is an online fee based program.



The Sonoma Diet.

The Sonoma Diet is a new mediterranean diet from author and dietitian Connie Guttersen. The name "Sonoma" comes from a region in Northern California, USA.

How The Diet Works.

The Sonoma diet is based around the Mediterranean Lifestyle. Enjoyment of food, gourmet cooking, and moderate portion sizes are the keys of this diet.

This diet is available on line through a fee based subscription.

The Sonoma Diet online program contains the following tools:

- Meal Planner
- Recipe Search
- Message Boards
- Printable Shopping Lists
- Eating Guides
- Weekly Q A
- Over 500 Recipes
- Wine Guide
- Exclusive E-mails
- Food Diary
- Portion Guide
- Online Dietitians
- Weight Tracker

The weight loss program has 3 stages (called *waves*).

The first phase, whilst being restrictive, is not severe. Lasting 10 days, the idea is to break ties and addictions with food that have a high sugar and fat content.

The Second phase is the primary weight loss phase where each meal is created with appropriate portions. There is no calorie counting or special foods or supplements.

Once the desired weight is achieved you move into phase 3 which is a lifelong eating pattern for weight management.

Sonoma comes with a wine guide to assist in selecting the appropriate wine to accompany the evening meal.

The Sonoma Diet has a selection of foods that it calls "power foods":

- Almonds
- Bell peppers
- Blueberries
- Broccoli
- Grapes
- Olive oil
- Spinach
- Strawberries
- Tomatoes
- Whole grains

A typical day's food would consist of:

Breakfast

Whole grain cereal and milk

Lunch

Wild Rice Salad with Chicken

1 cup raw baby carrots and celery with 2 tbsp. hummus

Dinner

Pork Chops with Rosemary

Brussels Sprouts with Prosciutto

1 slice of rustic whole grain bread

1/2 cup fresh fruit of choice

1 glass Cabernet Sauvignon, Merlot, or Syrah (optional)

Snack

Whole Wheat Pita with Cucumber Yogurt Sauce

Dessert

Apple-Blueberry Tart

Possible Negatives.

The Sonoma Diet is a healthy and balanced diet from an author well-versed in the Mediterranean style of eating. Whilst growing popularity may cause some to see the diet as a fad, it remains an excellent diet none-the-less.

My # 3 Lifestyle diet choice.

Included in the Fast Weight Loss section and could be a diet for all.

See previous comments.



The South Beach Diet.

The South Beach Diet plan was created by cardiologist Dr Arthur Agatston based at Mount Sinai Hospital - in South Florida.

Originally developed for overweight heart patients the diet proved successful not only in improving the patients' health but also in reducing their weight.

Since hitting the shelves, Agatston's book "**The South Beach Diet: The Delicious, Doctor Designed, Foolproof Plan for Fast and Healthy Weight Loss**" has remained a bestseller.

The diet is becoming known as the "healthy" version of the Atkins diet. This diet is good - very good, and includes foods such as whole grains, healthy fats, fish, chicken, fruits and vegetables.

How The Plan Works.

The South Beach Diet begins with a somewhat restricted two-week induction phase -- generally producing weight loss of 8 to 13 pounds.

During induction most carbohydrates (such as rice, pasta, and breads) must be avoided. There are three meals a day and snacks -- eating until hunger is satisfied. Meats, shellfish, chicken, turkey, and fish are all on the menu - along with nuts, fat-free cheese, eggs, salads, and vegetables.

There are two subsequent phases that include specific meal plans and recipes. The second phase reintroduces some of the foods avoided in Phase 1 - but only sparingly. In this phase weight loss should be in the region of 1-2 pounds per week.

The final phase is about maintaining a lifestyle, about eating healthy foods and maintaining weight.

This is NOT Atkins.

Although the **South Beach Diet** may seem similar to the Atkins diet or the Zone diet, Dr Agatston stresses it is not a strictly low-carbohydrate diet. It's all about balancing the good carbohydrates against the "bad" carbohydrates.

The induction phase a is no doubt a low-carbohydrate phase but the rest of the **South Beach Diet** is based around the Glycemic Index (see note on Glycemic Index at the back of this book) with carbohydrates being chosen according to this index.

The **South Beach Diet** have an on-line program with an extensive recipe database which includes some 800 recipes and caters for vegetarians.

Typical recipe during the Induction Phase.

Breakfast

Tomato juice, 6 oz
Scrambled eggs with fresh herbs and mushrooms
Canadian bacon, 2 slices
Decaf coffee or decaf tea with fat-free milk and sugar substitute

Snack

Part-skim mozzarella cheese stick

Lunch

Chicken Caesar salad (no croutons)
Prepared Caesar dressing, 2 Tbsp

Snack

Low-fat cottage cheese (½ cup) with ½ cup chopped tomatoes and cucumbers

Dinner

Mahi mahi
Oven-Roasted Vegetables
Arugula salad
Low-sugar prepared dressing

Dessert

Lemon Peel Ricotta Crème

Typical recipe during Phase 2.

Breakfast

Berry smoothie (8 oz Dannon Light 'n Fit fruit-flavored yogurt, ½ cup berries, ½ cup crushed ice, blended)
Decaf coffee or decaf tea with fat-free milk and sugar substitute

Snack

1 hard-boiled egg

Lunch

Lemon Couscous Chicken
Tomato and cucumber slices

Snack

Dannon Light 'n Fit yogurt, 4 oz

Dinner

Meat Loaf
Steamed asparagus
Mushrooms sautéed in olive oil
Sliced Bermuda onion and tomato with drizzled olive oil

Dessert

Sliced cantaloupe with 2 Tbsp ricotta cheese

Typical recipe for the Maintenance (or Lifestyle) Phase.

Breakfast

½ grapefruit

Tex-Mex eggs (2 eggs scrambled with shredded Monterey Jack cheese and salsa)

Whole grain toast, 1 slice

Decaf coffee or decaf tea with fat-free milk and sugar substitute

Lunch

Roast Beef Wrap

Nectarine

Dinner

Grilled salmon with tomato salsa

Tossed salad (mixed greens, cucumbers, green bell peppers, cherry tomatoes)

Olive oil and vinegar to taste or 2 Tbsp low-sugar prepared dressing

Dessert

Chocolate-Dipped Apricots

Possible Negatives.

The **South Beach Diet** is considered by some to be a fad. However the principles and eating patterns outlined and recommended in the diet are sound and had a positive impact on the eating habits and lifestyle of millions.

Nutritionally sound foods are usually more expensive than their highly-processed counterparts and these more expensive food items could make the diet prohibitive for some people.

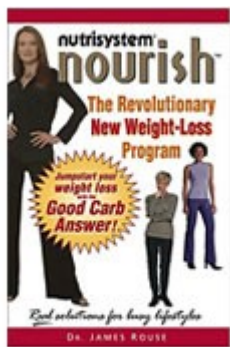
The principles of eating in balance, little-and-often, low-GI carbohydrates are all included in the **South Beach Diet**.

For more information on the South Beach Diet **[Click here.](#)**

My #4 Lifestyle Diet Choice.

You can get good results from this diet but ordering meals can be a problem and the food becomes boring.

Not suitable for people with certain allergies so consult your doctor.



Nutrisystem.

Nutrisystem is a portion-controlled diet plan which began in a similar way to Jenny Craig (with bricks-and-mortar weight loss centers), but a few years ago they became Internet-only.

How The Plan Works.

The **Nutrisystem** program is based on the Glycemic Index (see the "Note on Glycemic Index at the back of this book). Carbohydrates on the diet generally have a low glycemic count.

There are options for men, women, and vegetarians. All food is available directly from **NutriSystem** (via their web site) and is shipped directly to the customer.

Food can be selected from a pre-made menu, or you can select individual food items. The typical meal plan cycle is 28 days.

A typical day would include 3 meals and 2 snacks. The diet restricts calorie intake by having accurate portions based around the persons required calorie count. As obesity has been linked to, amongst other things, growing portions, **Nutrisystem's** methodology of controlling portions is a step in the right direction.

Nutrisystem provides on line support by way of a "weight loss counselor" available at no extra cost. **Nutrisystem** also provide information about exercise and mental attitude and health.

Foods Available On the Diet.

BREAKFASTS

- Oatmeal
- Apple Cinnamon Oatmeal
- NutriCinnamon Squares Cereal
- NutriCoconut O's Cereal
- NutriFrosted Crunch Cereal
- NutriFlakes Cereal - 40% Bran Cereal
- Lowfat Granola Cereal
- Frosted Oats Cereal
- Mini Frosted Shredded Wheat Cereal
- Lemon Poppyseed Muffin
- Banana Spice Muffin
- Blueberry Bran Muffin
- Chocolate Chip Granola Bar

- Apple Granola Bar
- Cranberry Granola Bar
- Scrambled Eggs - Smoke Flavor
- Scrambled Eggs with Cheddar Cheese
- Scrambled Eggs with Peppers and Mushrooms

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DESSERTS / SNACKS

- Vanilla Pudding
- Chocolate Pudding
- Almond Pistachio Biscotti
- Amaretto Coffee - Unsweetened, Decaffeinated
- Apple Cinnamon Soy Chips
- Chocolate Peanut Butter Dessert Bar
- Blueberry Lemon Dessert Bar
- Cappuccino Coffee - Unsweetened, Decaffeinated
- Chocolate Macadamia Nut Biscotti
- BBQ Soy Chips
- Hot Cocoa
- Chocolate Shake
- White Cheddar Soy Chips
- Mint Hot Cocoa
- Mocha Shake
- Chocolate Mochaccino Dessert Bar
- NutriCrunch Chocolates
- Sour Cream and Onion Soy Chips

Possible Negatives.

Nutrisystem is likely to be useful only as a short term solution to weight control as ordering pre-packaged food will be difficult to maintain.

Being pre-packaged the range of food offers very little in the way of taste variety and could become tedious.

Nutrisystem may be a problem to people suffering with allergies from certain foods.

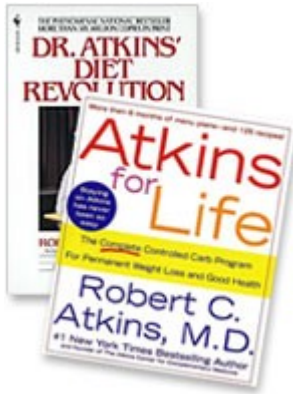
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My #5 Lifestyle Diet.

Atkins will always remain a favorite for many people.

For me the big negatives are the high fat content and the many questions still surrounding the diet, however a lot of people have had tremendous success with the Atkins Diet.

Certainly worth considering.



Atkins Diet.

Named "The Most Popular Diet" by Time Magazine the Atkins diet was developed and written by **Dr. Robert Atkins** in the 1970s, in his book "The New Diet Revolution".

The Atkins diet plan has since gone on to become one of the most popular diet plans as suggested by Time Magazine.

Food manufacturers were quick to latch on to the diet's popularity and were soon formulating low-carbohydrate food products. During 2004 the diet rapidly fell out of favor. However it will always remain a very useful diet for many people.

This diet will suit people who:

- have sugar cravings or feel they are addicted to sugar
- are looking for a high fiber diet with low carbohydrates
- don't like to count calories and prefer to eat until full

This diet is not for those who:

- who have certain medical conditions such as diuretics and those on certain medication. Always check with your doctor first.
- Are vegetarians or don't like a diet high in protein.

The Different Phases of the Atkins Diet.

There are four phases - all carefully controlling the level of carbohydrate intake.

Phase 1

The phase lasts for a minimum of two weeks and calls for a maximum of 20 grams of carbohydrate intake (no starchy vegetables, fruits, grains, bread).

Weight loss is based on the process of *Ketosis*:

The main source of energy for our bodies is carbohydrates. Thus reducing the carbohydrate intake to our body forces it to look elsewhere for another source of energy. The best place to find this is in stored body fat. The reduced carbohydrate intake therefore forces the body to burn fat. **This process is called Ketosis.**

Carbohydrates stimulate the creation of insulin which in converts excess carbohydrates to fat. Fewer carbohydrates mean less insulin therefore creating less new fat.

Phase 2

Phase 2 involves carefully adding more fibrous vegetables (carbohydrates) until the "Critical Carbohydrate Level for Losing" is reached. The small increases in carbohydrate intake are monitored and managed on a weekly basis.

Phase 3 and 4

Phases 3 and 4 are maintenance phases - where carbohydrate intake can be increased - but only until the point that weight is maintained (Critical Carbohydrate Level for Maintenance). Any food that may lead to weight gain should be avoided.

Atkins recommends choosing unrefined or unprocessed carbohydrates.

Possible Negatives of the Diet.

The **Atkins Diet** is a high-fat diet and the fat consumption if this diet *can exceed* the 30% level recommended by health agencies.

Questions have also been asked as to the health issues surrounding the "Ketosis Process". In the short term it may have the desired effect - but it is unknown what the long term effects may be, with some suggesting that certain organs may be overworked to sustain the process of Ketosis.

Consult with your doctor and research and read as much as possible before beginning the Atkins diet.

Successes.

Although demanding at first, the **Atkins Diet** has proved to be successful with a large proportion of people and in many cases has also resulted in improved health.

One needs to make certain lifestyle change to get the most out of the **Atkins Diet**.

You Can Get More Information About The [The Atkins Diet](#) here.

[A Quick Note About Glycemic Index](#)

The Glycemic Index (GI) was originally devised to help diabetics. The index is a ranking of carbohydrate foods which measures the rate at which the blood glucose (or blood sugar) levels rise when a particular food is eaten.

Pure glucose has a rating of 100 - so the nearer a food is to 100, the higher it's GI rating is. This indicates how quickly the food is converted to blood sugar, and how quickly the blood sugar levels will drop. Foods with a low GI rating will be absorbed more slowly, helping to keep blood sugar levels constant.

Popular Low Glycemic Diets.

Glycemic Impact Diet.	A newer diet implemented by eDiets - takes the best of the Zone and South Beach Diet. Very good diet.
Glycemic Load Diet.	The diet aims to produce healthy weight by maintaining a daily Glycemic Load under 500.
South Beach Diet.	Carbohydrate choices are based around low-glycemic foods - the diet begins with a very low carbohydrate phase.
Nutrisystem.	This program is based around low-glycemic foods.

A number of books have been written about the GI - with one of the biggest selling being *The New Glucose Revolution*. Rick Gallop's *The GI Diet* is also very popular.

Typical GI Diet.

A typical low glycemic index diet is low in fat and high in carbohydrates -- but specifically *low-GI* carbohydrates. Often a simple change from high GI carbohydrates, to low GI carbohydrates may bring about weight loss. It may also give the feeling of more energy, due to less blood sugar / insulin spikes during the day.

Breakfast

Oatmeal with raisins and skim milk.
Orange juice.

Lunch

Vegetable soup with sourdough bread.
Plums.

Dinner

Lean beef bolognese on wholemeal pasta.
Green salad.
Low-fat yogurt.

Drinks

Water, tea (skim milk), herbal teas.

This plan is a GOOD MATCH if:

- You crave sugar and sweets.
- You have mood swings and/or irritability.
- You've been feeling low on energy.

Might NOT be a good fit if:

- You prefer eating fewer meals and snacks each day.
- You want fast food choices on your plan.

Glycemic Load.

Glycemic Index alone does not provide enough information about the glycemic affect of a food. For example; carrots have a high GI, but you would have to eat boxes and boxes of them to have any pronounced affect on blood sugar. This is because the amount of carbohydrate in carrot is very small.

To calculate glycemic load (GL): Simply multiply the GI by the amount of carbohydrate and divide by 100.

For example; an 80g serve of carrot with a GI of 92 has 4.2g per serve. $92 \times 4.2 / 100 = 3.9$