



Carbs & Cals



FREE APP
iPhone &
Android

✓ Type 2 Diabetes

✓ Weight Loss

✓ 5:2 Diet

WHICH DIET IS RIGHT FOR ME?

Losing weight requires you to take in fewer calories (energy) than you use up through being physically active. There are a number of ways this can be achieved, and different types of diet suit different people. Some diets aren't considered to be nutritionally balanced because they don't provide all the nutrients your body requires, which usually involves cutting out whole food groups entirely (for example carbohydrates or dairy foods). It is unnecessary to avoid whole food groups to lose weight, and this could even be dangerous. A Registered Dietitian can give you individualised advice about which diets may suit you best, but this guide has some basic information.

TYPES OF DIET

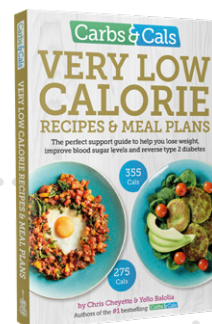
The main types of diet that may suit you include:

LOW CALORIE

Low calorie diets are defined as 1,200 calories per day or less and this can be achieved through careful selection of foods and controlling portion sizes.

VERY LOW CALORIE

This usually involves eating 450-800 calories per day for up to 12 weeks, sometimes using commercial meal-replacement products. It is often followed under supervision, ideally from a Registered Dietitian, and may require medical monitoring. See the bestselling [Very Low Calorie Recipes & Meal Plans](#) book.



LOW FAT

Fat contains more calories per gram than any other nutrient, so reducing the fat content of foods is a great way to lower calorie intake.

LOW CARB / HIGH PROTEIN

Foods high in protein help you to feel fuller for longer, so increasing the proportion of protein in the diet and reducing the amount of carbohydrate may help to lower overall calories. Depending on the level of carbohydrate restriction and on careful selection of foods it should be possible to achieve a healthy balance with this diet.

INTERMITTENT FASTING / 5:2

The 5:2 diet works by fasting on 2 days of the week and eating a healthy balanced diet on the remaining 5 days. This achieves a 25% reduction in calories. Other forms of fasting include alternate day fasting.

The example below demonstrates how a fast day of 500 calories can be achieved with 3 meals. Page numbers are taken from the [5:2 Diet Photos book](#).

BREAKFAST = Breakfast Pancakes (page 27)

SNACK = Tuna Crunch (page 81)

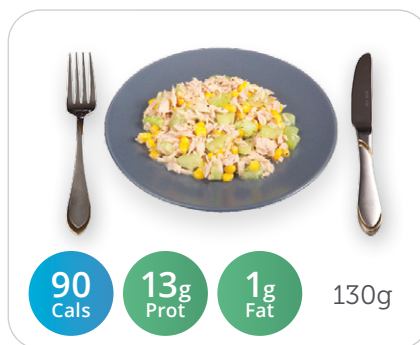
DINNER = Pea & Asparagus Risotto (page 25)

TOTAL = 485 Cals

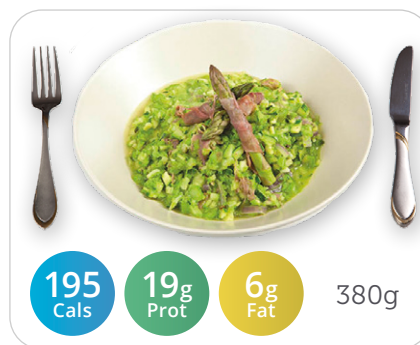
Mini Breakfast Pancakes



Tuna Crunch



Pea & Asparagus Risotto



The Carbs & Cals website includes a Calorie Requirements Calculator where you can work out your daily requirements. Visit www.carbsandcals.com/BMI

★ TOP TIPS ★

BE REALISTIC

It can be hard to change everything overnight. Think about the changes as a long-term improvement to your eating rather than a quick fix.

GET HELP

Enlist the support of a friend or family member who can encourage you or even follow the diet alongside you.

DON'T FORGET ABOUT EXERCISE

By increasing your physical activity level at the same time as changing your diet, you're much more likely to succeed.