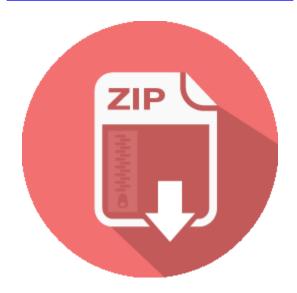
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A particular diet may be chosen to seek weight loss or weight gain. Changing a subject's dietary intake, or "going on a diet", can change the energy balance and increase or decrease the amount of fat stored by the body. http://ebookslibrary.club/download/Diet--nutrition--Wikipedia.pdf

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