

Modern Systems For Weight Management

Fasting	Helps detoxify bodily systems	Risk of malnourishment
	Creates significant energy deficit	Low energy levels
	Gives digestive system 'a rest'	Severe hunger
	Results in rapid weight loss	Increased risk of headaches, allergies, aches and pains and bad breath
Very Low Calorie Diets	Results in rapid weight loss	Should be conducted under medical supervision
	Designed for obese people	Often only 800 calories per day
		Severe hunger and lack of nutrients
		Constipation and digestive upset
Calorie Counting Diets	Provides guidance as to which foods are to be consumed	Focus placed on calories rather than nutrients
	Controls calorific intake	Very time consuming and restrictive
Meal Replacement Diets	Easy to implement as no calorie counting required	Does not teach new nutritional habits
		Not suitable for long term use
		Meal replacements can be more expensive than food and can result in social exclusion at meal times
Food Combining	Proteins and carbohydrates are digested better separately	Meals will be very restrictive. No real data to support claims. Not practical so low level of adherence
	Foods eaten separately more likely to be burnt as fuel and less likely to be stored as fat	No real data to support claims. Not practical so low level of adherence
Fat Burning Supplements	Creates an energy deficit by raising metabolic rate	Fat burners are generally ineffective or dangerous. Effective fat burners only raise metabolism very slightly

Modern Systems For Weight Management

The Wholefood Diet	Low in fat, high in unrefined carbs and contains moderate amounts of protein	Should be conducted under medical supervision
	Foods should be unprocessed. Wide range of foods recommended	Caters for population rather than individuals
	Naturally low in sugar, salt and additives	
Ketogenic Diets	Ketones (produced from protein and fat) are inefficient energy sources which create a greater caloric deficit	Can make some people feel unwell and lacking in energy. Lack of carbohydrates can make diet nutritionally unbalanced. Initial weight loss is water - not fat. Adherence levels low.
	High thermal effect of protein elevates metabolism	Very restrictive. Some concerns over heart and kidney health
	Low carbohydrate intake eliminates competition for fuel	Some concerns over lack of fibre and carbohydrate
	Blood glucose and insulin levels stabilised to facilitate fat loss	Deemed to be a high fat diet so some concerns over increased CHD risk
	Some low GI carbohydrates are allowed	Lack of dairy may mean low calcium intake
	Can help stabilise blood glucose levels	Food choice very restrictive
	Food consumed that was available to hunter/gatherer ancestors	
	Foods eaten in as natural a state as possible	
	Contains lots of omega 3 and omega 6 fatty acids	
	Palaeolithic diet - all modern foods such as bread, refined foods and sugar eliminated	