

The fundamental flaw in the different diet plans

Most modern diet plans for managing obesity assume that the body handles all three macronutrients in the same way concerning the synthesis of life-sustaining energy. Therefore, one can replace one macronutrient for another, example carb deficient /high fat keto diet plan or carb deficient/high protein diet plans, which force the body to use fat or protein as a primary source of energy. These diet programs cannot be sustained long term and eventually fail. The simple reason being; the body is physiologically programmed to use glucose from carbohydrates as a primary energy source; the protein and fat are the backup sources of energy. That back up energy source of fats and proteins gets into play when the body gets into a starvation mode. The time-restricted eating (TRE) plans use the science of using stored fat energy by prolonging the time between night meal and the next morning, meal, and between the day meals.

“ The fundamental flaw in the Diet plans is that these have focused on the quantity rather than the quality of the carbohydrates. Additionally, low calorie- diet plans have focused on calories counting rather than counting the hours between the meals. It is the hours between meals which force the body to use up the stored fat reserves for energy. This strategy is the basis of Time-Restricted Eating(TRE) Plans.”

The Diet industry has accused the carbohydrates, in general, ignoring a significant factor of the carbohydrate quality. Traditionally, the vegetarian societies of India lived on the natural high carbohydrate diets of plant origin for centuries and did not suffer the risk of obesity or Type2 diabetes. The average plant-based carbohydrate amount in the ancestral Indian diet was as high as 60-65%. The simple fact is that the quality of the carbohydrates has changed drastically in the past 50 years. It is the modern synthetic carbohydrates which present a disease-producing glucose burden on the body. The global epidemics of Obesity, Type2 diabetes, and related diseases have increased in the past 50 years. It is the decades of the 1970s, onward, which brought the pivotal change in urban diet by mass commercialization of foods and drinks. Simultaneously, have come the affluence, affordability, and accessibility, luring the population to a liberal consumption of the commercial preprepared foods.

To reclaim the health, urban India must go back in time 50 years and resurrect the principles of holistic foods and balanced lifestyle of their ancestors. Awareness, Knowledge, and determination to reclaim health are needed to bring the revolutionary change in diet and lifestyle. The commerce and the food industry will follow the lead as it always has done to meet the need of the consumers.

“Fortunately, the western organic food movement is already taking hold in India. The next movement which must take roots is – “Eat Natural, Go back 50 years Food and Lifestyle Movement.”