

# Why low-calorie diet Plans fail in the long-term cure of obesity

Low-calorie diet plans use two strategies:

1. Restrict the total amount of food intake (total calories)
2. Additionally, low-calorie diet plans restrict one or the other major food groups (macronutrients) – Low fat, low carbohydrate, high protein diet plans. Most low-calorie diet plans severely limit carbohydrates.

The weight loss occurs initially, and then it stops. That is because the body compensates for the low food intake by slowing down. That is similar to what happens when the body gets into a starvation situation. When the low-calorie diet plan stops, the weight gets regained rapidly within a few months. Unfortunately, this new weight gain surpasses the weight with which the dieter started with initially. The simple reason for this is that once body slows down, it remains in slow mode for a few months.

The low carbohydrate diet plans take for granted that all the carbohydrates have the same effect on the body. That is not true because carbohydrates differ in the quality. The high glycemic carbohydrates, such as refined sugar and refined wheat flour products, result in very high blood glucose levels, causing more insulin release in the body. Insulin is a fat storage hormone, and more insulin means more fat storage and obesity. The low glycemic carbohydrates such as fruits, vegetables, whole grains, are rich in fiber, produce lower blood glucose levels and cause minimal insulin release. This knowledge is critical to figure out a holistic food plan that will minimize insulin release in the body and at the same time meet all the energy needs. The carbohydrates are the primary source of energy in the body. Healthy carbohydrates consumed in appropriate amounts do not cause obesity.