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# How Different Diets Stack Up (Sue's Personal Rating System)

	<b>Fat /Protein/Carbs</b>	<b>Issues</b>	<b>Sue's PR (out of 5)</b>
<b>Ornish (Eat More...)</b>	<b>V low fat, unrefined carbs, plant-based</b>	<b>≈Healthy ?Sustainable</b>	<b>***</b>
<b>Agatston (South Beach)</b>	<b>High fat, protein, animal-based, then more balanced later</b>	<b>≈ Healthy ?Sustainable</b>	<b>***</b>
<b>Atkins</b>	<b>High fat, protein, animal-based</b>	<b>- Healthy ?Sustainable</b>	<b>***</b>
<b>Sears (The Zone)</b>	<b>Moderate protein/fat,carb, low GI mixed diet</b>	<b>≈ Healthy ?Sustainable</b>	<b>***</b>
<b>Cutting any unhealthy kcal, especially sodas</b>	<b>Depends on what you cut, mixed diet</b>	<b>≈ Healthy ?Sustainable</b>	<b>***</b>

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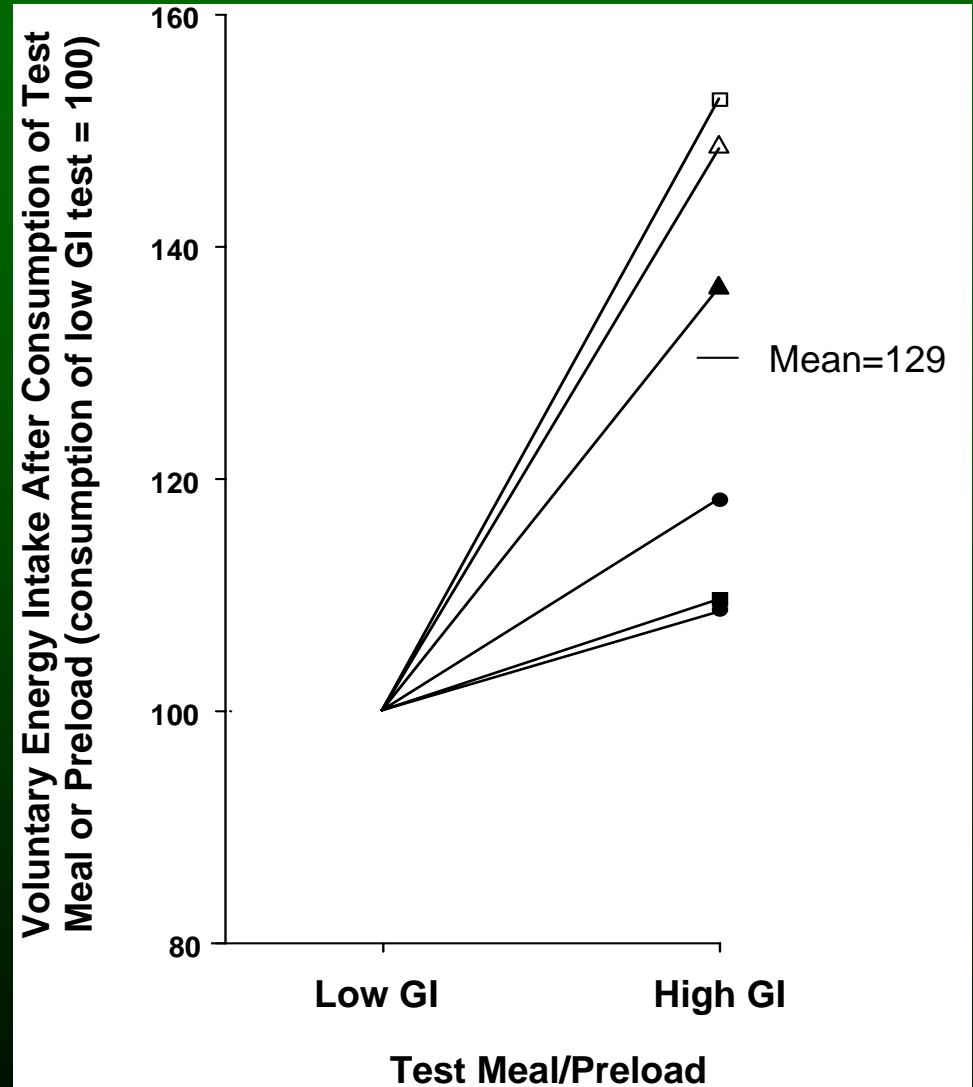
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# Losing Weight: What about Glycemic Index?

- No long-term intervention studies.
- In single-day controlled studies, energy intake after high-GI test meals averaged 29% more than after low GI test meals of the same macronutrient composition.  $P=0.005$  by paired t test (Roberts, Nutr Rev 2000;58:163).



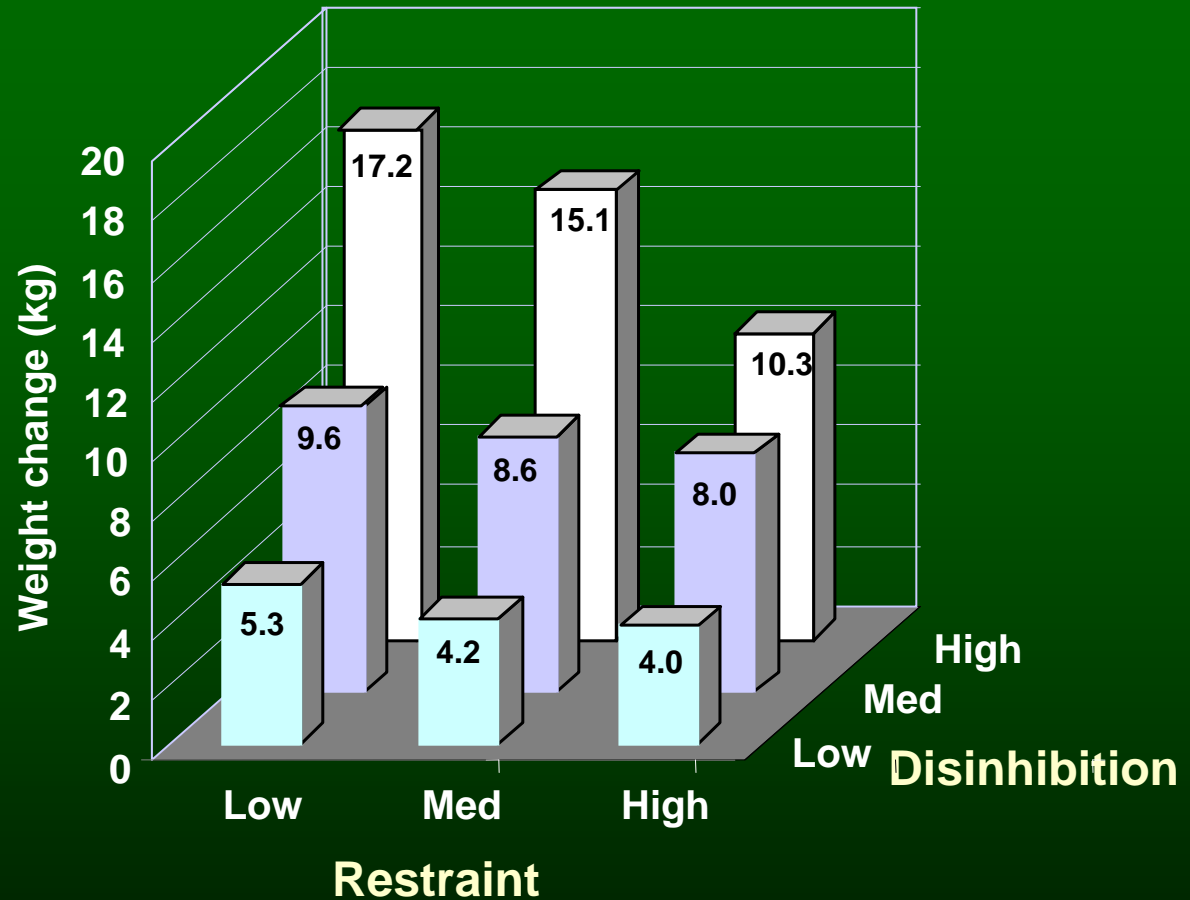
# Keeping Weight Off: Effects of Eating Style from 35 to 58 years

## “Disinhibition” -

tendency to overeat in the presence of particular stimuli. “I usually eat too much as social occasions, like parties and picnics.”

## “Restraint” -

tendency to restrict food intake to prevent weight gain/promote loss. “I deliberately take small helpings as a means of controlling my weight.”



Data from Hays et al. AJCN 2002;75:476

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