CAN YOU LOSE WEIGHT WITHOUT COUNTING CALORIES?

IN A RANDOMIZED TRIAL, PEOPLE DID.

4.4

BMI points lost in 6 months on a whole-food, plant-based diet with no calorie limit, vs. 0.4 with normal care (BROAD trial, 65 adults). Still down 4.2 at 12 months.

Wright et al. · Nutrition & Diabetes · 2017 [1]

WHAT DID THEY CHANGE?

- ✓ **Whole-food, plant-based meals**
- ✓ **No calorie limit**
- ✓ **Low in fat**

They ate until satisfied.

WHAT SHOULD YOU ASK YOUR DOCTOR?

1. **Could a whole-food, plant-based diet help me lose weight?** [1]
2. **What is a healthy weight goal for me?**
3. **Can we recheck my weight, blood pressure and blood sugar in 3 months?**
4. **If I lose weight, will any of my medications need adjusting?**

7.5%

of body weight lost on a vegan diet in 6 months, vs. about 3% in the groups that ate meat or fish (5-diet randomized trial).

Turner-McGrievy et al. · Nutrition · 2015 [2]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE Eat plenty, lose weight. Randomized trials, months long. Sticking with it is the key.

MORE OF THE EVIDENCE

- In the BROAD trial, 65 adults with excess weight ate a whole-food, plant-based diet with no calorie limit, or got normal care. After 6 months, BMI dropped 4.4 points vs. 0.4, and the plant-based group was still down 4.2 points at 12 months. [1]
- In a 16-week trial of 244 adults, the low-fat vegan group lost about 13 pounds. The control group did not change significantly. [3]
- In a 6-month trial of five diets, the vegan group lost 7.5% of body weight, compared with about 3% in the groups that ate meat or fish. [2]

Keep in mind: These trials lasted months, not years. Long-term results depend on sticking with it.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. If you are not changing your diet, stay on the medications your doctor prescribes. If you go plant-based, keep up with your blood work. That way your doctor can safely reduce your medications or take you off them altogether.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Wright N, et al. Nutrition & Diabetes, 2017. The BROAD study: a randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. https://pubmed.ncbi.nlm.nih.gov/28319109/

[2] Turner-McGrievy GM, et al. Nutrition, 2015. Comparative effectiveness of plant-based diets for weight loss: a randomized controlled trial of five different diets. https://pubmed.ncbi.nlm.nih.gov/25592014/

[3] Kahleova H, et al. JAMA Network Open, 2020. Effect of a low-fat vegan diet on body weight, insulin sensitivity, postprandial metabolism, and intramyocellular and hepatocellular lipid levels in overweight adults. https://pubmed.ncbi.nlm.nih.gov/33252690/

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