# 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**
- **Low in fat**
- **No calorie limit**

*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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