



# 3 TRENDING DIETS TO LOSE WINTER WEIGHT



Summer is just around the corner and it's time to start putting on shorts and tank tops after months being **bundled up** in warm coats, sweaters and scarves. Many at this time of year also take in a surprising reality; they no longer fit into the clothes that they wore last year.

Even though others may not notice our growing **double chins**, we all know when we've **gained a little weight**. As a woman, you might try to squeeze into a pair of shorts and then scowl at the **love handles** that stare back at you in the mirror. As a male, you might be worried about the new **beer belly** that sits on your waistline, or just the fact you feel **chubbier** than usual.

The puzzle is, how can weight gain be reversed? How can we lose the extra pounds we **put on** during those **sedentary** winter months? Although many **opt for** simple measures like getting active and eating **mindfully**, others may decide to go on a diet.

## Vocabulary

**to bundle up** - to put on warm clothing

**double chin** - a layer of fat under the chin.

**to gain weight** - to become heavier.  
Synonymous with **to put on weight**.

**love handles** - fat that accumulates around the waist and hangs over pants.

**beer belly** - a stomach made fat through excessive beer or alcohol.

**chubby** - not quite fat, but almost. Thick and flabby.

**sedentary** - discovery word. See exercise at end.

**to opt for** - to choose

**mindfully** - carefully and thoughtfully.



**Going on a diet** or **dieting** is the act of eating specific types of foods in a specific way in order to lose weight. In recent years, a few diets have become very popular in Google searches. Here are three of them:

### KETOGENIC DIET - "KETO"

Firstly, there's the ketogenic diet or the keto diet for short. The name - ketogenic - plays on the word ketosis, a process in which your body begins **burning** fat due to a lack of **carbs**.

The most common version of the diet is called the standard ketogenic diet in which dieters' meals contain 75% fat, 20% **protein** and 5% carbs.

Although everyone on keto is required to **cut back** drastically **on** carbs, some dieters, choose to **cut out** carbs entirely. This sometimes leads to the keto flu - a period of time when a dieter faces fatigue and mental fuzziness.

While **on keto** one can lose anywhere from 2 - 10 pounds during the first week, most of which is **water weight**, and then 2 pounds per week after that depending on one's body type and exercise routine. The biggest challenge for most is **keeping** the weight **off** long-term.

## Vocabulary

**to go on a diet** - to eat specific types of food in a specific way to lose weight.

**to burn** - to consume as an energy source.

**carbs** - short for carbohydrates. Sugars, starches and certain fibers found in grains, fruit, vegetables and dairy.

**protein** - helps build and repair tissue, important in the construction of bones, cartilage, skin and blood.

**to cut back ON** - discovery word. See exercise at end.

**to cut out** - to remove.

**ON keto** - remember: ON a diet.

**water weight** - extra water stored by the body. On average 2-4 lbs.

**to keep off** - discovery word. See exercise at end.



If you can manage to **give up** carbs, the list of health benefits for the keto diet is long. In addition to weight loss, studies show it can reduce **the risk of** heart disease and cancers, type 2 diabetes and Alzheimer's.

### INTERMITTENT FASTING DIET

Next, there's the Intermittent Fasting Diet, which many nutritionists refuse to call a diet because it's all about WHEN you eat rather than WHAT you eat.

The famous actress, Jennifer Anniston helped popularize intermittent fasting when she **attributed** her improved figure and flat stomach **to** eating during a restrictive 8 hour window. During that time she can eat whatever she wants and as much as she wants. For the other 16 hours of the day, she **fasts**. This popular method of the diet is referred to as the 16:8.

Another common method is called the 5:2, in which dieters eat normally from day 1 - 5 and then must **get by on** 25% of their average calorie intake on day 6 and 7.

According to an article by the Harvard Medical School, "sugar can only enter our cells with insulin." By **abstaining from snacking**, our insulin levels drop and our fat cells release sugar to be used for energy.

## Vocabulary

**to give up** - to eat specific types of food in a specific way to lose weight.

**the risk OF** - to consume as an energy source.

**to attribute something TO** - short for carbohydrates. Sugars, starches and certain fibers found in grains, fruit, vegetables and dairy.

**to fast** - helps build and repair tissue, important in the construction of bones, cartilage, skin and blood.

**to get by ON** - to reduce.

**abstain FROM** - to remove.

**to snack** - to eat small amounts of food between meals.



Although people with a history of **eating disorders**, such as **anorexia** or **bulimia** should meet with a nutritionist regularly while on the diet, it's fairly **straight forward** for the rest of us. In addition to lowering blood sugar, the intermittent fasting diet also lowers cholesterol and blood pressure and reduces **chronic inflammation**.

### SIRTFOOD DIET

When the famous British singer Adele started **slimming down** back in 2016, people wanted to know how. The answer is the Sirtfood Diet, which is all about sirtuins: 7 proteins in the body responsible for regulating **metabolism**, inflammation and lifespan.

Sirtfoods are said to increase the number of these proteins in the body and include everything from strawberries, buckwheat and matcha green tea to red wine and dark chocolate.

The Sirtfood diet, as proposed by its creators, lasts 3 weeks. During the first three days, dieters must **get by on** fewer than 1,000 calories per day, consume three Sirtfood green juices and have one Sirtfood-rich meal. On days 4 - 7, dieters are **limited to** 1,500 calories per day, and they must drink two Sirtfood green juices and eat 2 Sirtfood-rich meals.

## Vocabulary

**eating disorder** - abnormal eating habits caused by a mental health condition.

**anorexia** - an eating disorder characterized by obsessing about what one eats.

**bulimia** - an eating disorder characterized by purging (throwing up) what one eats.

**straight forward** - intuitive, easy.

**chronic** - recurring or persistent.

**inflammation** - localized swelling.

**to slim down** - discovery word. See exercise at end.

**metabolism** - the breakdown of food into energy.

**to get by ON** - discovery word. See exercise at end.

**limited TO** - restricted to.



At the end of the first week, the average dieter **sheds** around 7 pounds.

Many people find the calorie-restrictive first week too big of a hurdle to overcome, while others **stick to** the diet and **rave about** the results. Either way, critics and advocates seem to agree on one point: eating Sirtfoods can be a beneficial lifestyle change for all. They're packed with nutrients, have anti-inflammatory and anti-aging properties and can aid in **weight loss**.

## CONCLUSION

Losing weight in a healthy way requires effort and knowledge. Fortunately, studies continue to **come out** with more **conclusive** research on the long-term health impacts of trending diets, such as these ones.

Although studies on all three of these diets have led to positive outcomes, it's important to read nutritionists' recommendations before **committing to** one. For example, whether you should take **supplements** for **essential vitamins** or **minerals** that are hard to obtain while on the diet.

So do any of these diets sound interesting to you?

## Vocabulary

**to shed** - to let go; get rid of.

**to stick TO something** - to remain resilient; to continue with something.

**to rave about** - to talk enthusiastically about.

**weight loss** - decrease in body weight.

**to come out** - to be released, to appear.

**conclusive** - with proof or evidence; beyond dispute; irrefutable.

**commit TO** - dedicated to

**supplement** - a substance to remedy a deficiency in one's diet.

**essential** - necessary.

**vitamins** - chemical compounds needed for the body to function.

**minerals** - natural and pure chemical compounds.