

Twinkiee Diet



No! I am not telling you to eat them.

I bring it up because it was a Great Case Study

Mark Haub, a professor of human nutrition at Kansas State University, ate a Twinkies, Nutty Bars, Powdered Donuts Diet for 10 weeks,

His premise: That in weight loss, pure calorie counting is what matters most -- not the nutritional value of the food.

Results

He shed 27 pounds in two months.

He went from 207 to 174 pounds.

Haub's "bad" cholesterol, or LDL, dropped 20 percent and his "good" cholesterol, or HDL, increased by 20 percent. He reduced the level of triglycerides, which are a form of fat, by 39 percent.

Blood pressure decreased.

Haub's body fat dropped from 33.4 to 24.9 percent.

How

He ate 1,800 calories a day. A man of Haub's pre-dieting size usually consumes about 2,600 calories daily.

Why

His success is all about caloric reduction.

It's a great reminder that for weight loss that calories count.



Bigger Nutritional Principle

Eat Less Calories

How did the blood markers improve even when he loaded up on processed snack cakes?

Being overweight is the central problem that leads to complications like high blood pressure, diabetes and high cholesterol.

[See more here](#)