



When it comes to Weight Loss and
Maintaining a Healthy Weight the
Food Industry has made us Fatter
and the Diet Industry has been no
Help!

Diet Industry is Not Helping!

Weight loss is a multi billion dollar industry that does not deliver results. Over 100 million dieters.

More than 92-95% of people who set out to lose weight do not succeed.

Most don't promote real lifestyle change.

Many rely on quick fixes and meal replacements that don't change behaviors.

There is no magic bullet or potion. Weight loss is hard work and requires determination and consistency.

Diet products seemed to have failed. According a market research firm in 2015, few people are purchasing diet products anymore.

My disdain of the weight loss industry is not alone.

A majority of people who surveyed in 2015 do not believe weight loss diets/products are healthy. Many surveyed did not know what to think about when it comes nutrition and weight loss. Proper nutrition knowledge is therefore warranted.

Large Meta-Analysis of Weight Loss Studies suggests that
People Lapse

- Most People Lapse in a Year no matter what Diet **especially low carb diets**
- People Start a Diet Strong, but they Lapse after several Months by Eating More
- **Weight re-gained not because their metabolism slowed down in most cases**



Food Industry is a Culprit to Weight Gain

The Food Industry has created the "Portion Distortion" = Doubled the Portions than the past. [See more](#)

People eat fewer fruits and vegetables and whole grains and more sugar and fat than 30 years ago

Food in America seems to be a surplus for many. American eat 140 pounds more food per year than a decade ago. Between 1971 and 2000, the average man added 168 calories to his daily fare, while the average woman added 335 calories a day.

People eat by the package rather than the portion.

High fructose corn syrup was introduced in the to the food and beverage industry in the 1970s. Studies show that this cheapened ubiquitous sweetener, found in many processed foods, increases your appetite and it promotes obesity more than regular sugar. The consumption of HFCS increased > **1000% between 1970 and 1990**, far exceeding the changes in intake of any other food or food group ([study](#)). [Why is it so bad.](#)

Many Americans eat out more than at home. On average restaurant meals have 65% or more calories. Participants who dined at full-service restaurants consumed about 187 more calories per day compared to those who ate food prepared at home, 10 more grams of fat, 2.5 g more saturated fat, almost 60 mg more cholesterol and over 400 mg more sodium.

Eating highly processed foods, saturated fats and added sugar on a regular basis is linked to many negative health effects. Fast / processed food is one of the major culprits of the global obesity epidemic. People with diets that are high in refined sugars and processed foods are often more prone to visceral fat (around belly), which is more dangerous as a predictor of disease than subcutaneous fat (under skin).

Another likely culprit behind weight gain is the harmful chemicals in the processed foods we eat. Some of these substances, called obesogens, can contribute to weight gain and lead to obesity, in turn raising a person's risk of heart disease and other serious health problems. Obesogens are chemicals that "directly or indirectly increase fat accumulation and cause obesity" by interfering with metabolism and metabolic processes, according to a recent study. Some of it can come from packaging or the processing of the food. **Solution: Eat a less processed diet of fruits, veggies, and whole grains** ([see more here](#)).

Summary: Between 1971 and 2000, the average man added 168 calories to his calories, while the average woman added 335 calories a day. We eat double the servings we should, we eat only 10-20 % of the veggies and fruit we need, corn syrup has made us fatter, many of us eat processed foods regularly and these have obesogens, which promotes weight gain. There is no magic bullet or potion. Weight loss is hard work and requires determination and consistency

