

Weight Loss Methods - Poll of EpicureanFriends Results

Post by "Cassius" of January 19, 2023 at 4:40 PM

Lots of good thought there Todd. As to this one:

[Quote from Todd](#)

Weight loss requires a caloric deficit (aside from surgery). All the rest is just about ways of making a caloric deficit easier to sustain.

Many of the low-carb people (like [Gary Taubes](#)) seem to me to argue that weight gain or loss is driven significantly by "type" of food consumed - their argument is that the primary problem is that carbs drive insulin and insulin drives fat storage, and that even the amount of food consumed is often driven by hormonal issues caused by the type of food consumed.

One way of summarizing their argument seems to be that the type of food ingested ends up affecting "hormonal" balances (insulin being hormonal) and that pure calories in / calories out does not describe the big picture -- given for example that babies do not grow up purely due to calories in / calories out but due to hormonal or genetic directives that control where and how much fat is deposited in the body.

I know things are much more complicated than that, but what is your viewpoint as to that line of argument, and that it is almost as important "what you eat" as it is "how much you eat?"