

# Weight Loss Methods - Poll of EpicureanFriends Results

Post by “Kalosyni” of November 15, 2023 at 8:50 AM

## [Quote from Todd](#)

Naive calorie restriction is difficult because when carbohydrates are consumed every few hours, the fat-burning mechanisms are not utilized to a sufficient degree to signal the body to develop them. When glucose runs out, even though there may be stored body fat available, the fat-burning mechanisms aren't capable of meeting the body's demands, and the body demands more glucose, like an addict.

It is important to eat protein with carbs. Otherwise insulin spikes too high with carbohydrate only consumption, and then will have a sudden crash (blood sugars can suddenly fall too low), which brings on food cravings for more carbs (eating oatmeal for breakfast always does this to me). So I think Todd is on to something about the body not being able to access fat stores.

## [Quote from Novem](#)

I've also eaten less at meals, eat big salads to fill me up with low calorie-high volume foods, and ensure I get quite a bit of protein. It's also what I call lazy Mediterranean since I just get olives, feta and goat cheese, and Italian dressing or Balsamic vinaigrette

I do think that eating less calories at meals is very important for weight lose. Increasing the amount of vegetables is also great as Novem shared. Also not snacking between meals unless you are absolutely certain that you are actually hungry. How and what we eat is all about habits we develop (good or bad)...and it is just a matter of thinking through what is the best thing to do (and what leads to happiness and health of the body). Instead of snacking one could drink tea or go for a short walk. Also, I've observed that the pleasure of food is best (most intense) when I eat when truly hungry. And that was one reason I stopped using a keto diet, because I lost all interest in food. I realized that I rather feel the pain of hunger so that I could truly savor the food that I was eating.

In the past two years I've been eating more calories than I needed, and gained 10 lbs. One thing that happens is that when I go out to a restuarant I tend to over-eat. Also snacking on nuts (which are high in calories! Plus I have a "sweet tooth" lol ). My goal is to lose 10 lbs. and I have a food diary (which I started a week ago) to keep track of what I eat and then I can really see what I am eating. I also estimate the calorie content as well, and I will use a scale to weigh myself to see if I am making any progress.

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Edit note: My goal for weight loss is to aim for 1200 calories per day, which should give a slow reduction of weight over the next few months.