

Dieting Makes People Fat

1DXULQ \$B@K@

\$JD .KDQ +HDOWK 6HUYLEFH 3DNLVWDQ

&RUUHVSRRGLQJDXWKRFEEXO .DULP \$JD .KDQ +HDOWK 6HUYLEFHQBENIHWQV/KLHOML#JPDLO (FRDLO

5HFHLYHG2GDMRHEHU \$FFHSDW+DUJGDWKEOLVKHG DGDWDH\

&RS\ULJKW .DULP 1\$ 7KLV LV DQ RSHQ DFFHVV DUWLFOH GLVWULEXWHG XQGHU WKH WHUPV RI WKH &U
GLVWULEXWLRQ DQG UHSURGXFWLRQ LQ DQ\ PHGLXP SURYLGHG WKH RULJLQDO DXWKRU DQG VRXUFH D
6KRUV &RPPXQLFDWLRQ

f&RQVXPH D OHVVHU DPRXQW DQG \RX ZLOO ORVH ZHLJKWg

\$OWKRWKLV VLPSON SLHFH RI DGYLFH \HW LW LV KDUG WR DFFRPSOLVK
3K\VLFDQ EHDXW\ LV RQH RI WKH PRVW FKHULVKHG DQG ORYHG FKDUDFWHULVW
LQ KXPDQ DQG ZLVH SHRSOH RIWHQ VD\ WKDW EHDXWLIXO SHRSOH HDUQ PRUH
UHVSHFW DQG JHW PRUH RSSRUWXQLWLHV URXQG WKH JOREH)RU WKLV UHDVR
HYHU\RQH ZDQW WR ORRN VPDUW DQG KHDOWK\ RQ WKH RWKHU KDQG REHVH DQ
RYHUZHLJKW SHRSOH XVH PDQ\ PHDVXUHV WR DFKLHYH WKHLU LGHDO ERG\
ZHLJKW E\ DSSURDFKLQJ VOLPPLQJ FHQWHUV DQG IROORZ VWULFW GLHWLQJ
SODQV 7KHLU MRXUQH\ WR DFKLHYH LGHDO ERG\ ZHLJKW LI QRW ZHOO SODQQH
PD\ UHVXOW LQ PRUH FRPSOLFDFWLRQV DQG RWKHU DVVRFLDWHG KHDOWK ULVN
7KLV H[SHGLWLRQ LV IUDXJKW ZLWK GLIIHUHQW GDQJHUV DQG XQZDQWHG
UHVXOWV (YHQWXDOO\ WKHVH PHDVXUHV DOWKRXJK XQGHUWDNHQ WR UHGXF
ZHLJKW \HW FRQWUDULO\ WKH\ LQFUHDVH ZHLJKW LQ VDPH LQGLYLGXDOV
\$FFRUGLQJ WR :RUOG +HDOWK 2UJDQL]DWLRQ :+2 D ERG\ PDVV
LQGH[JUHDWHU WKDQ RU HTXDO WR LV RYHUZHLJKW DQG D ERG\ PDVV LQGH[
JUHDWHU WKDQ RU HTXDO WR LV REHVLW\

7KH SUDFWLFH RI GLHWLQJ LV VLPSON\ WR OLPLW DQG FXW GRZQ WKH FDORULH\
LW LV FRPSOH[WR SHUIRUP EHFDXVH LW FDQ EH SUROLILF RU PD\EH QRW LW
WRWDOO\ GHSHQG RQ WKH GLHWLQJ LQGLYLGXDO EHFDXVH WKH UHDVRQ RI GLH
YDULHV ZKHUH LW LV REVHUYHG WKDW LW FDQ EH GXH WR SHU SUHVXUH W
PDLQWDLQ UHODWLRQVKLS FXOWXUDO QRUPV DQG VRFLDO VWLJPD WKDW JLU
VKRXOG EH VOLP DQG VNLQQ\ %HVLGHV WKDW PDQ\ SHRSOH DUH LQIOXHQFHG
ZLWK WUHQGV DQG PHGLD FHOHEULWLHV ZKHUH WKH\ SRUWUD\ DQG GHYHORS
IDQWDV\ DPRQJ WKHP

0DQ\ SHRSOH KDZ PS@DTÀ PS@DTÈWLQJ

