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# Biggest Loser Diet

The Biggest Loser Diet was made popular by NBC's hit reality series *The Biggest Loser*. The diet is based on calorie restriction, exercise, and The Biggest Loser 4-3-2-1 pyramid. The pyramid guidelines consist of four servings of fruit and vegetables, three servings of lean protein, two servings of whole grains, and one "extra" serving. The objective is to get people in optimal shape by lowering cholesterol, decreasing blood pressure, and increasing energy.

The Biggest Loser Diet is a 12-week program that emphasizes eating foods with a low caloric density and exercising between 30 minutes to one hour each day. The calorie recommendations are determined by weight and range from 1,050 calories for a 150-pound individual to 2,100 calories for a 300-pound individual. There are different meal plans based on individual dietary needs, but the foundation is the same; 45% of daily calories should come from carbohydrates, 30% from protein, and 25% from fat. Dieters should consume a minimum of 48-64 ounces of water each day.

## Foods to include:

- Lean protein
- Low-fat dairy
- Whole grains
- Fruits
- Vegetables

## Foods to avoid:

- White foods like bread, pasta, and potatoes
- Processed and refined foods
- High-sugar juices and dried fruits
- Saturated fats and trans fats

## Pros:

- Promotes quick and significant weight loss
- Emphasizes whole foods

## Cons:

- Diet may be too low in calories to practice strength and cardio as recommended
- Extreme diet and exercise plan can be dangerous for dieters
- Medical supervision is highly recommended

## Sources:

*The Biggest Loser Meal Plan* [www.biggestlosermealplan.com](http://www.biggestlosermealplan.com) [.\(http://www.biggestlosermealplan.com\)](http://www.biggestlosermealplan.com)

*The Biggest Loser* [www.biggestloser.com](http://www.biggestloser.com) [.\(http://www.biggestloser.com\)](http://www.biggestloser.com)

*Biggest Loser Diet* [www.health.usnews.com](http://www.health.usnews.com) [.\(http://www.health.usnews.com\)](http://www.health.usnews.com)

*The Biggest Loser Club* [www.biggestloserclub.com](http://www.biggestloserclub.com) [.\(http://www.biggestloserclub.com\)](http://www.biggestloserclub.com)