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Calorie Restriction Diet*

Brian M. Delaney, president of the Calorie Restriction Society and co-author of *The Longevity Diet*, created the Calorie Restriction Diet based on the premise that restricting calories would extend human life. His theory is based on scientific studies that proved restricting calories in certain laboratory animals extended their lifespan by as much as 50%.

The Calorie Restriction Diet is not to be confused with the calorie restriction associated with anorexia. It focuses on health and a balanced eating plan, not starvation. This diet is based on a 20-40% reduction in calories while still taking in all essential nutrients and vitamins. The desired macronutrient ratio of proteins, fats, and carbs is 30:30:40. There's no strict set of rules to follow, or a list of good foods and bad foods – simply an overall reduction of calories consumed.

Benefits may include a decreased risk of cancer, diabetes, and heart disease. It's also said to enhance sense of taste, decrease LDL (bad) cholesterol levels, increase HDL (good) cholesterol levels, and trigger the release of feel-good brain chemicals like serotonin.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Lean meat
- Lean poultry
- Lean fish
- Eggs
- Beans
- Non-fat dairy
- Nuts and seeds
- Healthy oils

Foods to avoid:

- Refined grains
- Sugar
- Trans fats
- Processed foods

Pros:

- Calorie restriction may lead to weight loss
- Possible lowered risk of age-related disease
- May be associated with increased lifespan
- Discourages processed food

Cons:

- Scientific evidence proving efficacy is limited
- Calorie restriction may lead to loss of muscle mass and reduced bone density
- May lead to eating disorders
- May not be specific enough to see results

Sources:

Brian M. Delaney and Lisa Walford's *The Longevity Diet*

Calorie Restriction Society International www.calorierestriction.org <http://www.calorierestriction.org>

Calorie Restriction – An Insider View Of One Man's Lower Calorie Lifestyle www.thatsfit.com <http://www.thatsfit.com>

Calorie Restriction Diet www.nytimes.com <http://www.nytimes.com>

