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Diets Don't Work Diet

As we evolve as a society, more and more people are realizing that diets simply don't work. If there was a tried and true formula, wouldn't everyone be doing it? And wouldn't everyone be at their ideal weight, side-stepping obesity and heart disease? In 1982, Bob Schwartz figured this out and wrote a book, *Diets Don't Work*, which has been updated several times.

In his book, Bob discusses an approach to weight loss without dieting. He advocates eating only delicious foods and claims that dieting damages your natural system of satiety and metabolism. He emphasizes the relationship between food and lifestyle, and encourages dieters to develop a positive relationship with themselves in order to end their weight struggles for good.

Foods to include:

- Vegetables
- Fruits
- Whole grains
- Refined grains (in moderation)
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Dairy
- Nuts and seeds
- Healthy oils
- Sugar (in moderation)

Foods to avoid:

- Processed foods
- Trans fats

Pros:

- Honors bio-individuality and self-awareness
- Considers primary food
- Can be a lifestyle rather than a diet
- Supports sustained weight loss

Cons:

- Some may prefer a structured diet plan
- Only works for those ready to explore their relationship with food
- Not a quick fix for weight loss

Sources:

Bob Schwartz's *Diets Don't Work* www.paperbackswap.com <http://www.paperbackswap.com>
Reasons Not to Diet in the New Year www.sheerbalance.com <http://www.thehealthyroadwarrior.com>