

QUANTITY IS KEY

The Wellness Brothers

“The best diets in the world are a good variety of clean, whole-food, plant-strong, mostly raw, and IN QUANTITIES THAT GET YOU TO THE WEIGHT YOU WANT TO BE.” - TWB Diet Summary

Most people who come to see us for dietary advice do so for weight loss. They are often hoping for some special food suggestions or combinations that will magically melt away the fat. As much as we would love for that to be an option, the reality is that no such magic solution exists. Instead, we have to come to terms with the fact that successful weight loss ultimately comes down to successful calorie control. That’s why the final guideline in the TWB diet summary revolves around to how much to eat.

There are many factors influencing weight. Genes, age, gender, mental and emotional states, social and environmental circumstances – these all play a role. Their individual influences, however, relate in the end to one of or a combination of two things - how much energy is taken in and how much is used. This, ultimately, is what weight change comes down to because, like everything else in the world, the human body is subject to the law of energy conservation. As a result, when more calories are consumed (greater quantities of food and drink) than what the body needs to stay alive and fuel all that it has to do, weight is gained. To lose it again, things need to be turned around and fewer calories than required need to be taken, with the deficit being balanced from the energy stores.

With that understanding in place the final guideline in our dietary summary should make total sense. If you want to lose weight – eat and drink less. If you want to gain weight – eat and drink more.

“But, more and less than what?” You might ask.

More or less than what you have been eating and drinking over the past days / weeks / months or years that you have either lost or gained weight. This is assuming that the other things, like physical activity levels remain the same as what they were before. If these are different to what they used to be, then that needs to be factored into the equation. The bottom line is that the most effective way to change your weight is by adjusting how much you eat and drink.

For most people the goal is weight loss.

With that in mind, let's finish this way.

When you apply the other five guidelines we've discussed in the previous articles, the ones that direct you to the healthiest way of eating, the natural tendency will be to eat "less." That's because eating healthily lends itself to consuming fewer calories, which is actually what we mean when we say "eat less". The main reason being that raw, plant-based, whole-foods are generally less calorie dense than cooked, processed ones. As such, following the guidelines to eat less "junk" goes a long way toward successful weight loss, and when you cap that off with the final guideline to mindfully eat smaller portions and drink fewer calories you have a diet plan that can make your health, weight loss and wellness goals a reality.

Be sure to follow them for your success.

TAKE AWAY: When it comes to weight – Quantity remains the most important consideration.

[Core Direction](#) Article, written by Dr. Ryan Penny of [The Wellness Brothers](#)