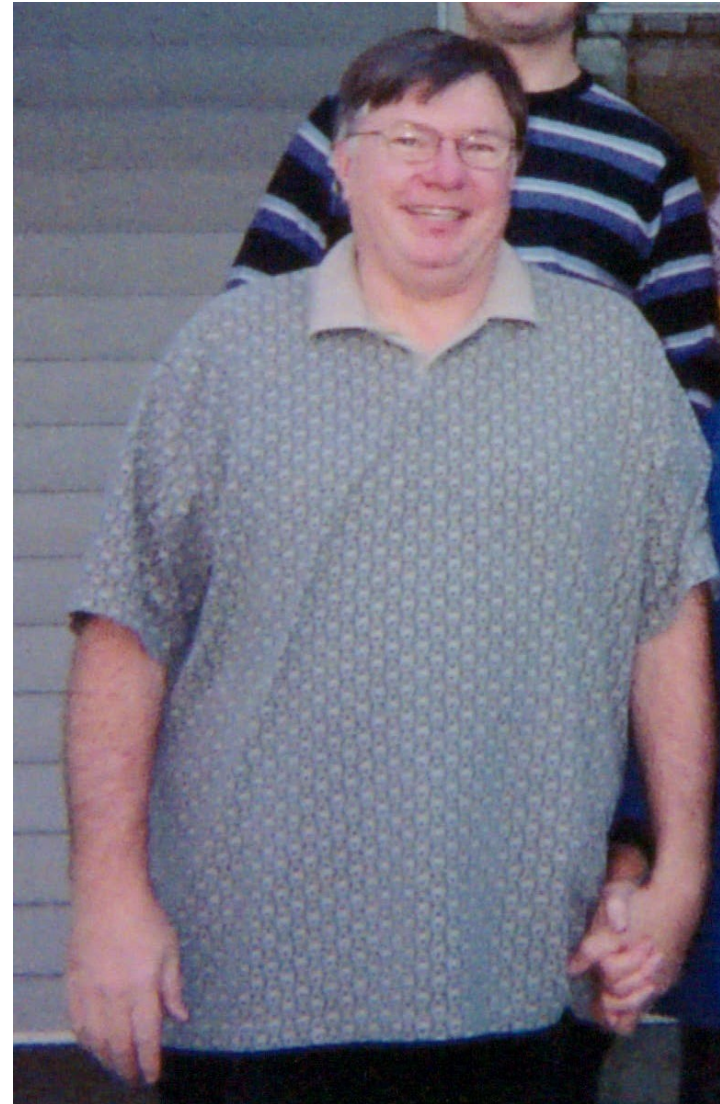




The Diet Trap: Why You Should Never Go on a Diet Again

Sandra Aamodt, Ph.D.

1996



Before

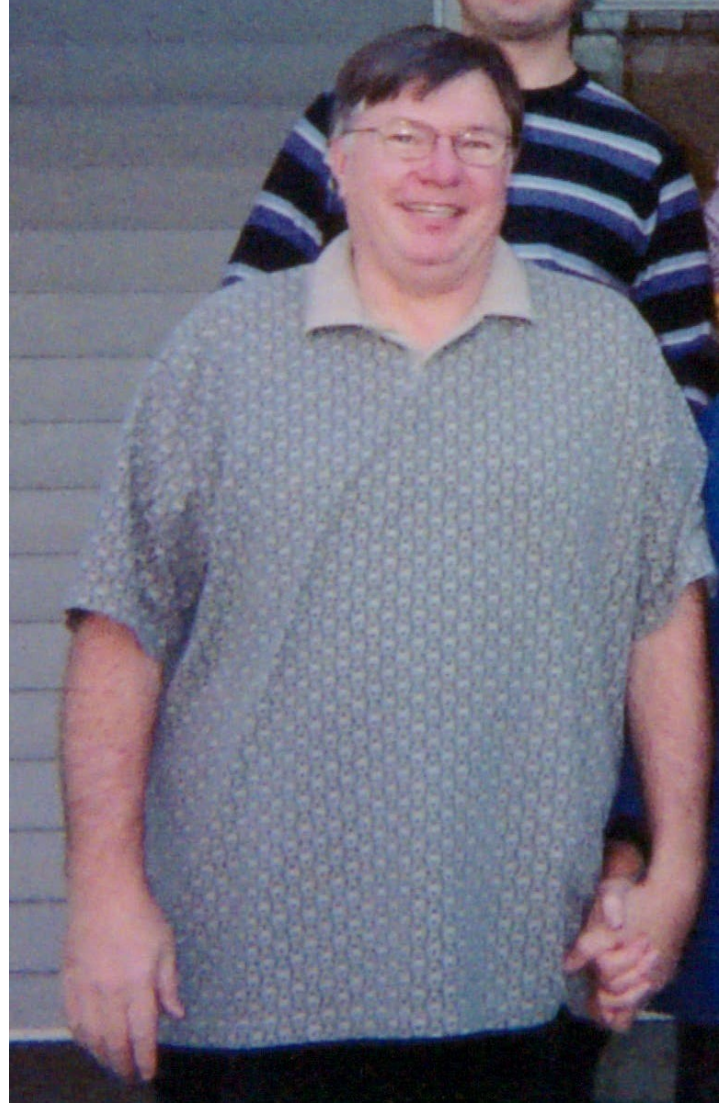
1999



After

1996

1999



Before

After

(Results not typical)

1996



1999



2005



1996



1999



2005



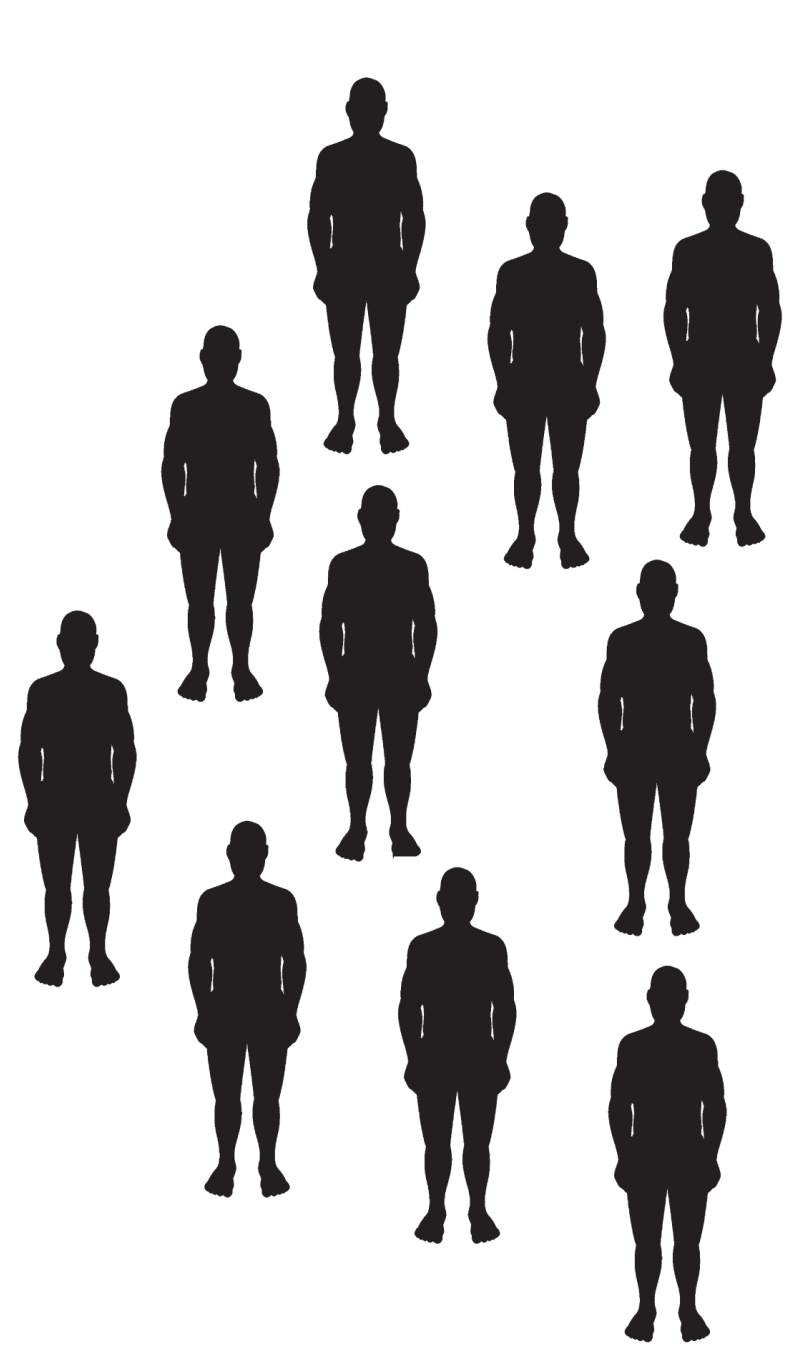
2012



2016



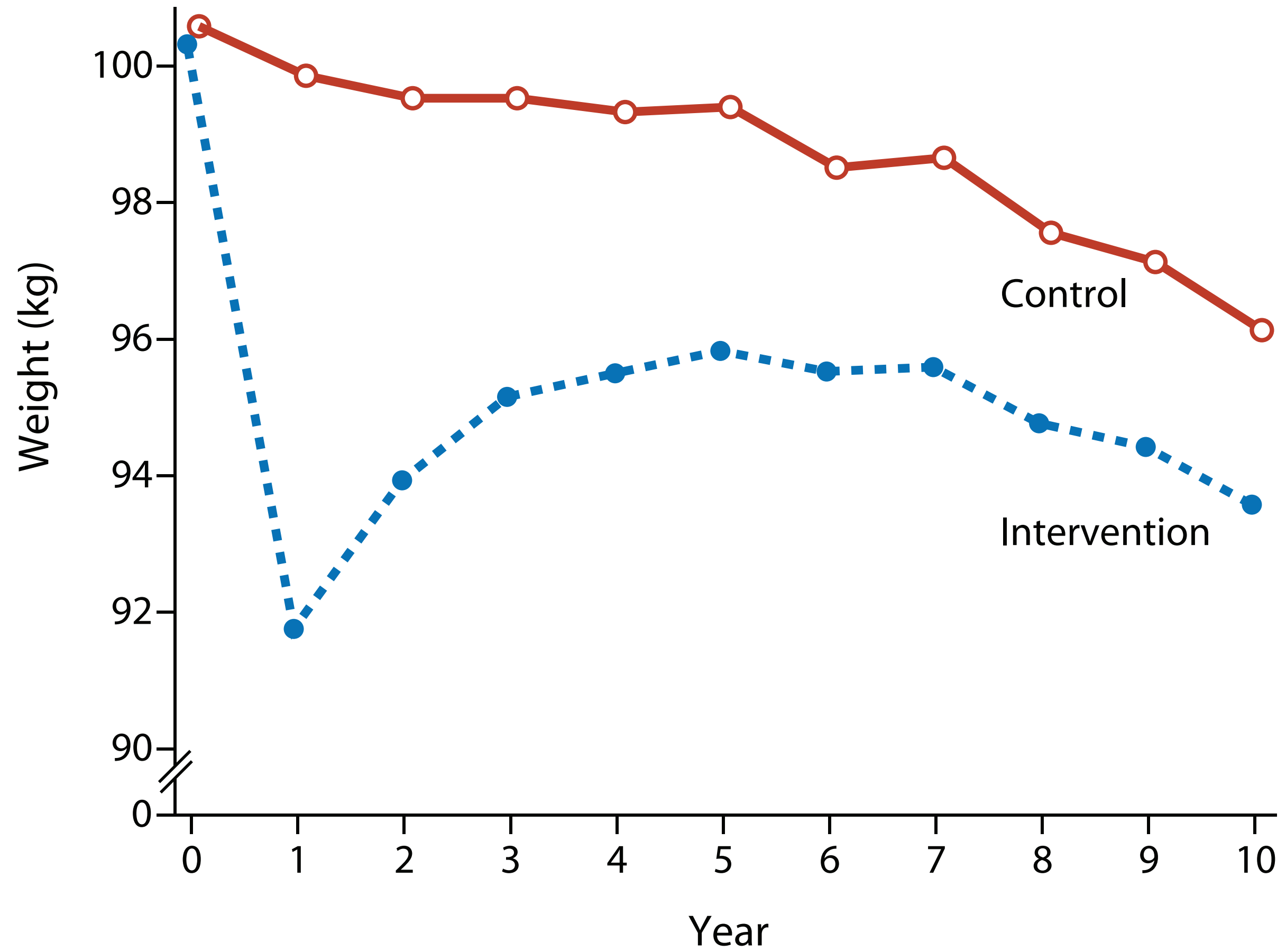
“In 2002, 231 million Europeans attempted some form of diet. Of these only 1% will achieve permanent weight loss.”

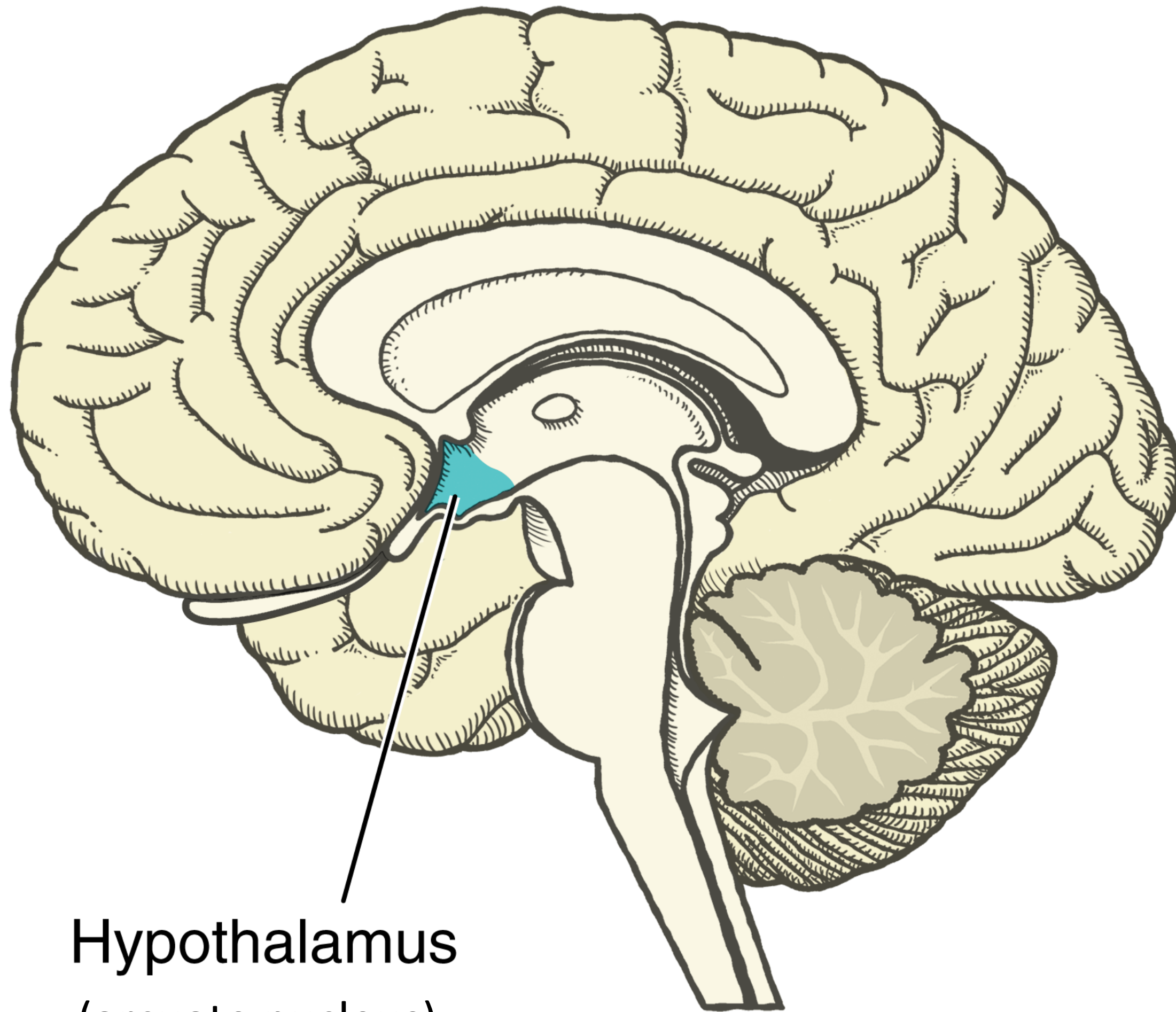


Before dieting



5 years later





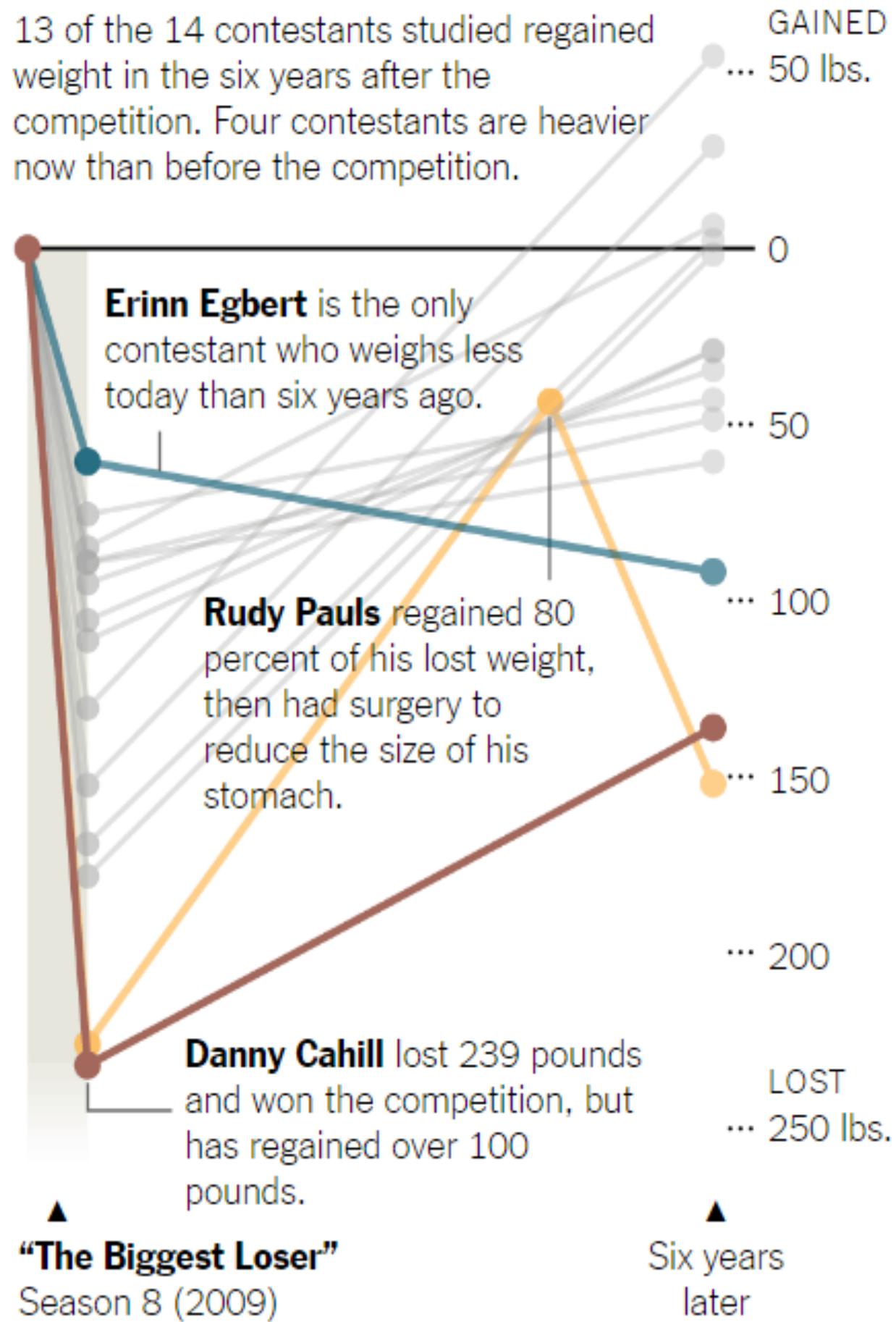
Hypothalamus
(arcuate nucleus)

Table 2 Physiological changes after diet-induced weight loss

Factor	Expected effect
↓Energy expenditure	Increase energy storage
↓Fat oxidation	
↓Thyroid hormones	
↑Cortisol	
↑GIP	Increase food intake
↓Leptin	
↓PYY	
↓Amylin	
↓Insulin	
↑Ghrelin	
↑Appetite	
Altered neural activation	

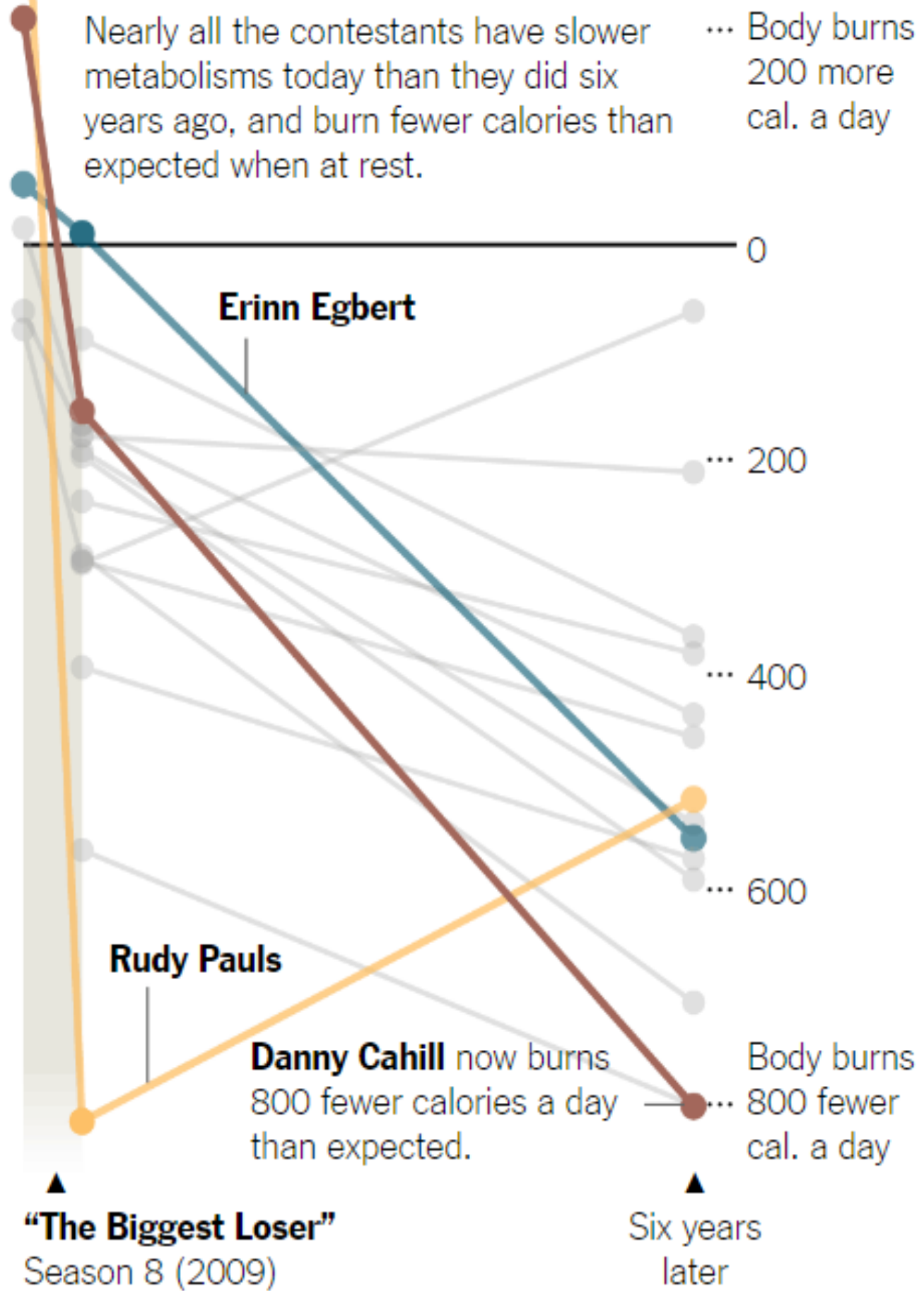
REGAINING LOST WEIGHT

13 of the 14 contestants studied regained weight in the six years after the competition. Four contestants are heavier now than before the competition.



A SLOWING METABOLISM

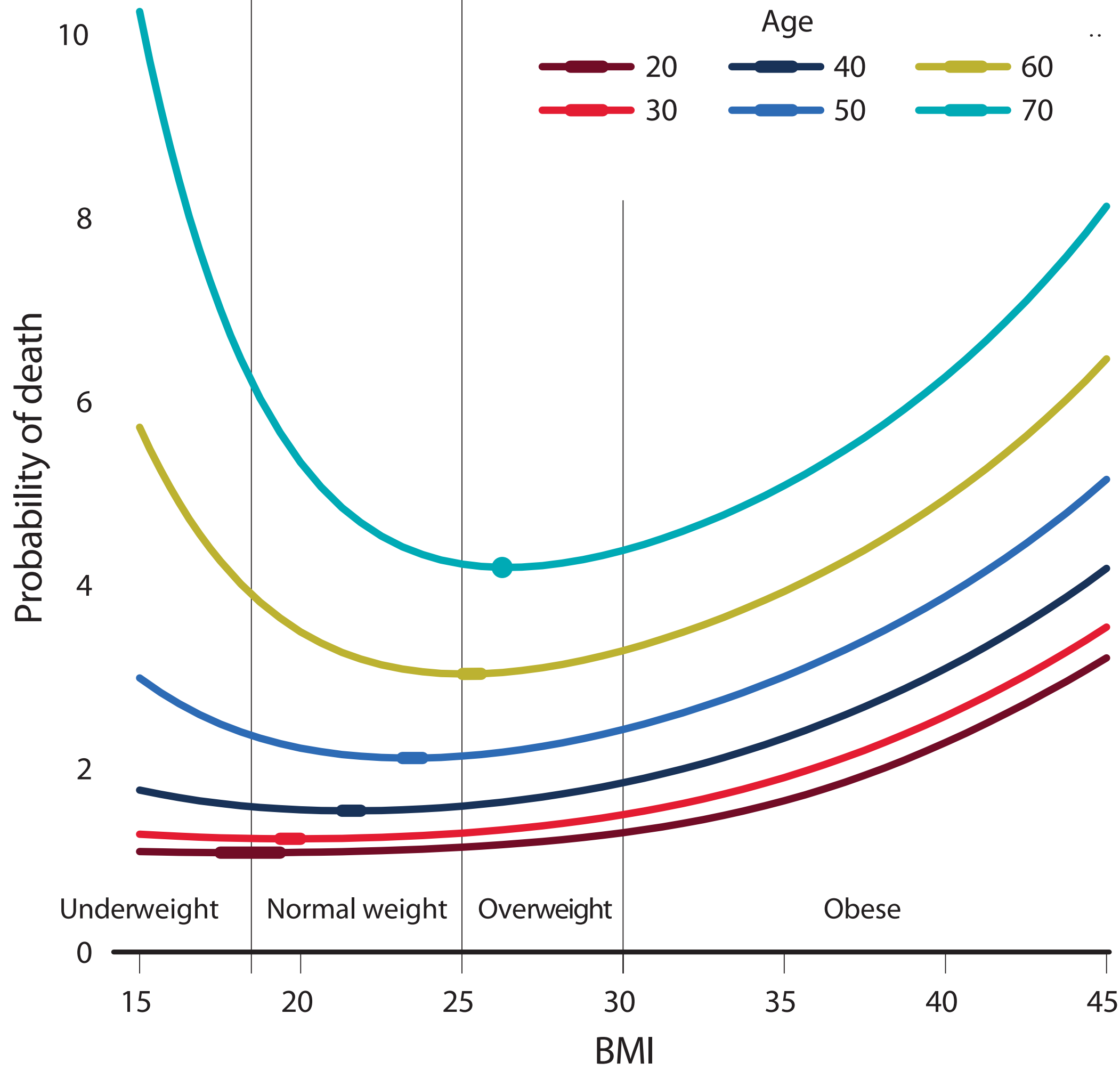
Nearly all the contestants have slower metabolisms today than they did six years ago, and burn fewer calories than expected when at rest.

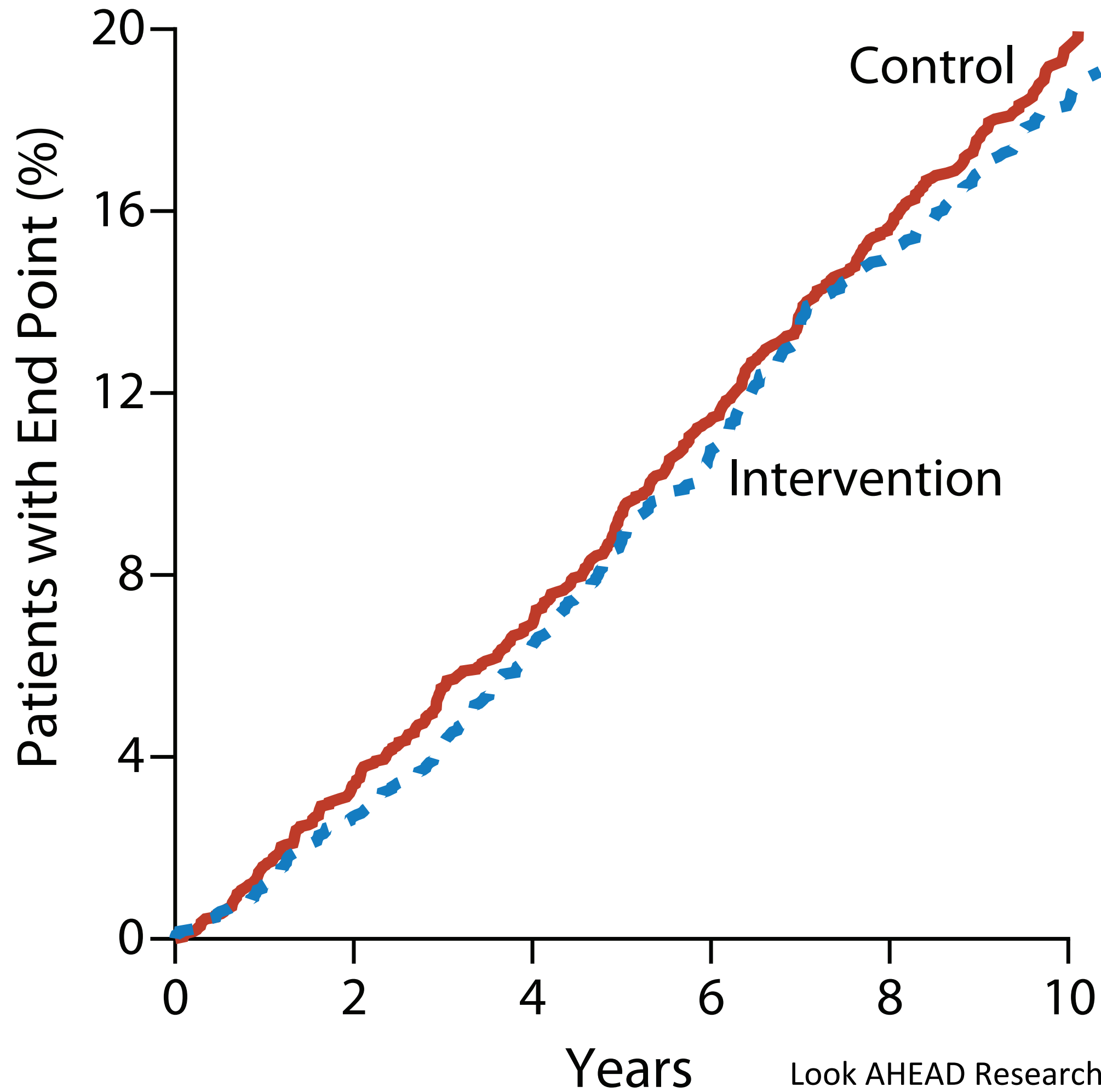


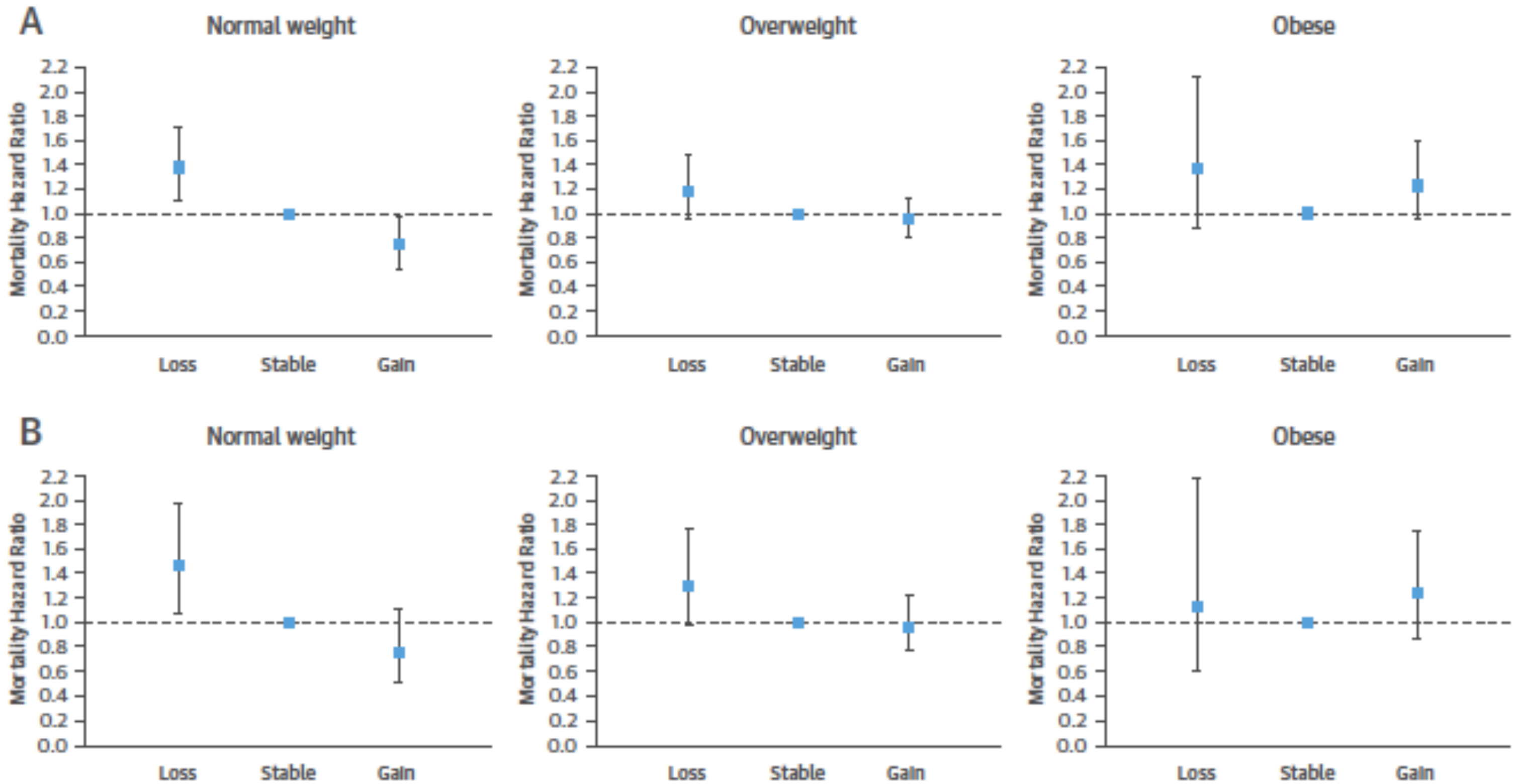


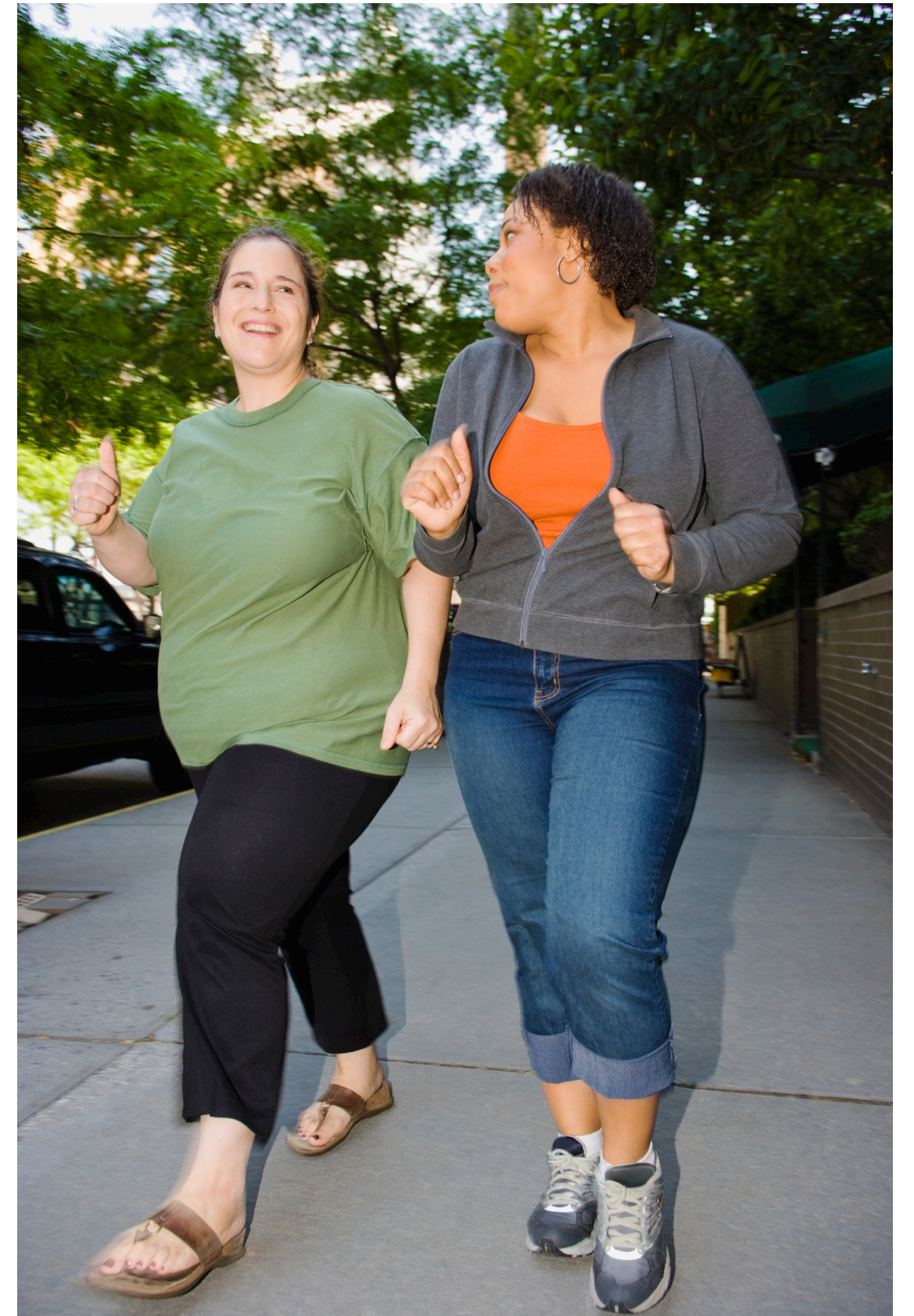
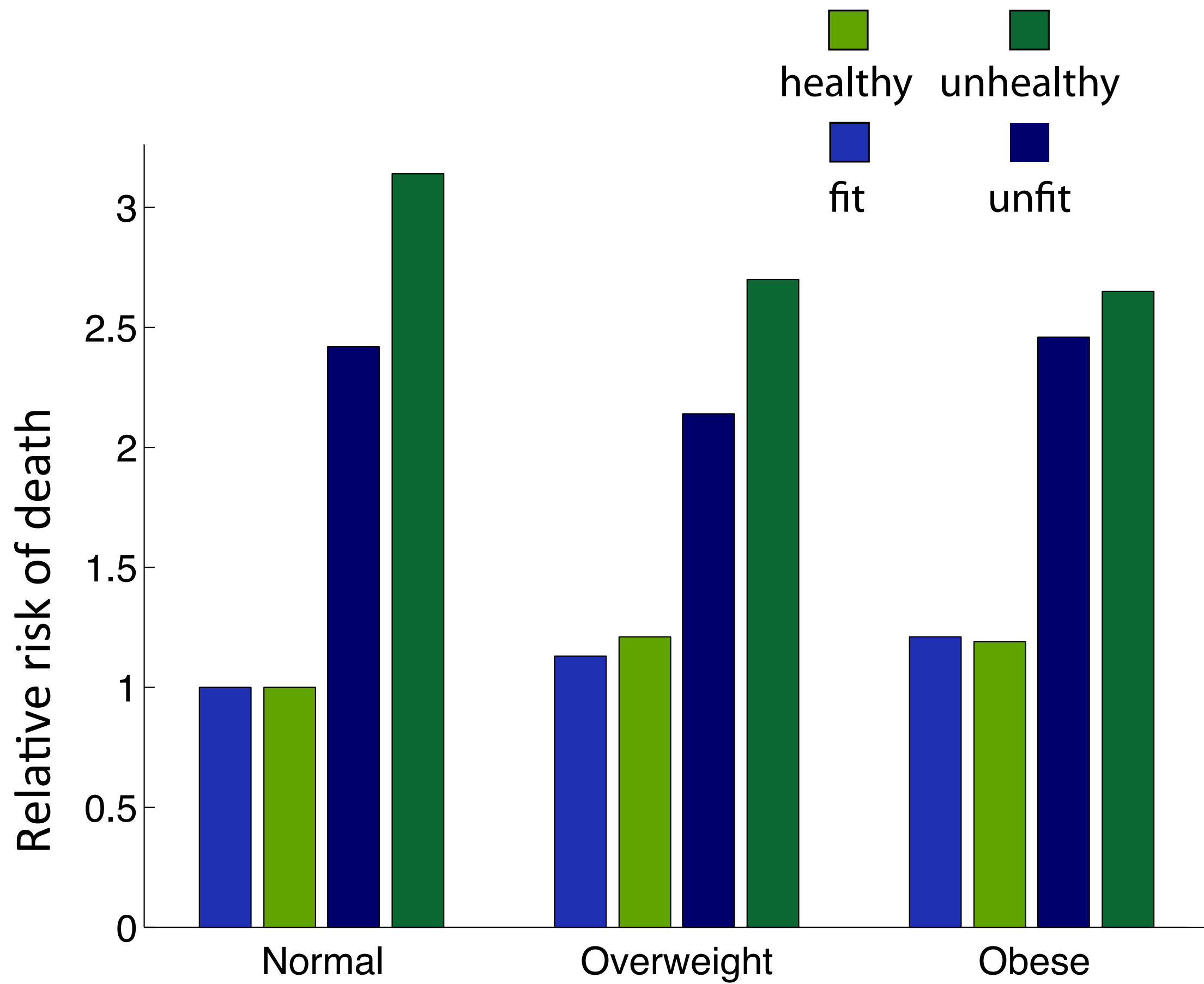
Dieters are more likely to

- Gain weight 1-15 years later
- Start binge eating
- Develop eating disorders
- Eat when they're not hungry
- Eat for emotional reasons
- Eat because food is available









Green bars from Kramer et al. *Annals Internal Med* 159:758-769 (2013); blue from Barry et al. *Prog. Cardiovascular Dis.* 56:382-390 (2014)









