



The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off

Krista Varady

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"The Every-Other-Day Diet is the perfect diet for me."

That's the satisfied declaration of a dieter who lost 41 pounds on the Every-Other-Day Diet. (And kept it off!) You too can expect dramatic results with this revolutionary approach to weight loss that is incredibly simple, easy, and effective. Created by Dr. Krista Varady, an associate professor of nutrition at the University of Illinois, the Every-Other-Day Diet will change the way you think of dieting forever. Among its many benefits:

It's science-tested, science-proven. Dr. Varady has conducted many scientific studies on the Every-Other-Day Diet, involving hundreds of people, with consistently positive results published in top medical journals such as the American Journal of Clinical Nutrition and Obesity. Unlike most other diets, the Every-Other-Day Diet is proven to work.

It's remarkably simple-and effective. On Diet Day, you limit calories. On Feast Day, you eat anything you want and as much as you want. You alternate Diet Day and Feast Day. And you lose weight, steadily and reliably.

There's no constant deprivation. The Every-Other-Day Diet doesn't involve day after day of dietary deprivation--because you can still indulge every-other day.

It's easy to keep the weight off. With other diets, you lose weight only to regain it, the frustrating fate of most dieters. But The Every-Other-Day Diet includes the Every-Other-Day Success Plan--an approach to weight maintenance proven to work in a study sponsored by the National Institutes of Health.

This book offers all of the research, strategies, tips, and tools you need to believe in the Every-Other-Day Diet and easily implement it in your life. It also includes more than 80 quick and delicious recipes for Diet Day, as well as a list of tasty prepared foods that make meals as easy as 1-2-3.

The Every-Other-Day Diet is perfect for anyone who wants to shed pounds and feel great, without hunger and defeat.

The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off Details

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From Reader Review The Every-Other-Day Diet: The Diet That Lets You Eat All You Want (Half the Time) and Keep the Weight Off for online ebook

Jaidee says

3.5 stars.....

I purchased and devoured (lol) this book in a few hours. I have three wardrobes...."the sweet and husky" (preferred), the "chubby but still cute" wardrobe and "omg i'm about to burst" wardrobe. For a year I was also at the "wow is that only one person" wardrobe. Thankfully I've never re-reached that point for the past fifteen years.

I've been up and down fifty pounds since the age of fifteen (90 pounds when you include that one year phase of being dangerously big) about six zillion times. I love food. I'm not an emotional eater or binge eater but I am a chronic overeater. Well I'm at the top of that 50 pounds once again. So two friends told me about the magic of partial fasting and their success with it. They look great and are still enjoying their food half the time.

I read this book and it makes lots of sense on an intuitive level and I'm going to try it out and see what happens. I start on Jan. 7 as I am going for a short stay to Cuba at an all-inclusive so I want to enjoy my pina coladas and yummy meat dishes.

Wish me luck....maybe I'll even have to get another wardrobe....."is that Robert Downey jr.?" wardrobe....

Wish me luck!!!!!!

Happyreader says

This diet plan sounds both crazy and oddly sensible. To lose an average of twelve pounds per month, you alternate daily between diet and feast days. Diet days are 500 calories only – one 400 calorie meal and one 100 calorie snack. Feast days are whatever you want to eat, no restrictions. Maintenance plan is Monday, Wednesday, Friday 1,000 calories a day – two 400 calorie meals plus two 100 calorie snacks. The other four days are whatever you want to eat.

UIC nutrition researcher Krista Varady bases her weight loss claims for this dietary pattern on her multiple research projects demonstrating safety, significant weight loss success, and improvement of various metabolic markers (blood sugar, blood pressure, cholesterol). She tried different fasting amounts – zero calories made people crazy (I bet) and higher amounts didn't have the same weight loss effect. 500 calories, when alternated with days of unlimited consumption, was proven safe. She does state that some study participants reported having issues with hunger on diet days but that diet day hunger pangs passed after the first two weeks. Plus it's easier to power through when you know the next day you can eat whatever.

Dr. Varady herself was surprised to discover that people didn't really pig out on feast days. 500 calories is about 25% of appropriate daily calories. On feast days, she predicted consumption of 150% of appropriate daily calories; in reality, it was more like 125%. She speculates that the diet day fasting reset what people felt

they needed to eat. Another advantage of the diet, she states, is the high rate of fat loss and the low rate of muscle loss, a big metabolic bonus.

Besides solving the issue of constant caloric restriction, it sounds like something I could recommend to those who state they've truly cut back and the weight just won't come off. Based on her research, I'm guessing this plan shakes up metabolism. Someone who is already restricting probably would have an easy time with the 500 calorie diet days and would be frustrated enough to try something new.

Not only is this plan easy to understand, the book includes very easy-to-prepare 400 calorie lunch and dinner options plus easy snack suggestions. She also includes frozen and takeout entrée ideas if you don't feel like preparing your own food.

I'm not sure how this would work with someone with type 2 diabetes, the population I primarily treat. In addition to medication issues, I'd be curious what happens to blood sugar levels on the eat-whatever-you-want days. Dr. Varady does express caution using this diet with diabetes, especially type 1, and some other health issues. Testing the efficacy and safety of this diet in those with type 2 diabetes would make a great future research project.

Other questions I have include the value of actual dietary nutritional content long-term and impact on disordered eating. Yes, metabolic markers improve regardless of feast day meal content but that's likely due to the weight loss. What about overall long-term health if someone's feast day is always fried chicken, cheese grits, and apple pie? And what does it do to your relationship with food if you're always tracking whether it's your 1,000 calorie day or your all-you-can-eat day?

Bottom line, a diet worth considering if you want to lose some weight and don't have a chronic condition treated with medication tied to dietary patterns. Yes, I have some questions but I love a researcher who is willing to test and challenge prevailing weight loss practices.

Loverlypurple says

I was trying to find a way to lose some weight and I was really having a hard time finding a diet I could stick with. Well I have found it. So when I ordered this book I started on chapter 2 because I wanted to start the diet right away. I then proceeded to read chapter 3 about the feast day. But then I went back to chapter 1 and found it to be very interesting all the research and results they have seen. So I really do recommend reading the entire book as it's very good. I am going to try a couple of recipes in the book this week.

So about how I'm doing on the every other day diet. So at the beginning of August 2016 I weighted 159 lbs. and today Sept 6,2016 I'm at 146 lbs. (even went on a week long vacation and still stuck with this diet very easily) So I am very pleased. And I find this diet so easy as I know on diet day I only have to hold out till tomorrow to eat what every I want. I have notice that I'm not as hungry as I was before and I have cut out all snacking between meals which was a huge problem for me. I am truly going to stay on this diet for the long term as in chapter 7 it goes into how to maintain your weight once you take it off.

UPDATE: It's now Dec 3, 2017 and I am at 131 lb. still been doing great on this diet.

UPDATE 2: it's March 5th 2017 and I'm now 122 still doing good and soon will reach my goal and go to the maintain phase.

UPDATE ABOUT WHAT I EAT ON DIET DAY (April 17th,2017): So I have found the suggestion in the book of eating a 400 calorie meal and then a 100 calorie snack (which I tried to do when starting this diet) did not work for me. I really do enjoy eating (the actual act of eating). So what I have been doing is breaking it down into smaller meals. I do skip breakfast as she suggests and I don't eat anything until I'm actually hungry. I have water and low calorie (5 cal per 8oz or less) drinks only, as it is true sometimes I was dehydrated not actually hungry). That is one thing this diet has given me a true sense of when I'm actually hungry as before I would eat out of routine and boredom. So when I do feel hungry usually this is somewhere between 11am and 3pm depending how busy I am (If I am really focused on something it tends to keep my mind of eating) Then I will either have low or no sugar oatmeal (100 to 120 cal per packet) with a 1/4 of a cup of blue berries (21 calories) or 1 cup of cereal (special K with red berries) with 1/4 cup of milk (148 calories). Then this will hold me over for 3 to 4 hours. Then I sometimes will just eat a old Wisconsin turkey sausage snack stick (45 cal with 4g of protein). then between 4pm and 7pm I have my dinner which is either a can of lite soup (I choose ones that our between 70 to 110 per serving and the can is 2 servings so eating the entire can is 140 to 220 calories) these soups can be a hit or a miss taste wise so try a lot of different ones and find the ones you like or I eat 2 packets of oatmeal with 1/4 cup blueberries (221 calories) or a michelina's frozen entree (my favorite is Lasagna with meat sauce 240 cal). So my total calorie count for the day is now between 306 to 433 calories depending on the foods I choose that day. I then add about 5 to 15 calories for my low calorie drinks. which brings me to 311 to 448 calories. Now depending on my calorie count I will add another snack around 7pm or 8pm either another turkey sausage stick (45cal) or a weight watchers ice cream bar (90 cal) (yes I eat ice cream on my diet day YAY!!!) or a no sugar added frozen fruit bar (35 cal). So doing my diet day with my food more spread out I don't feel starved and I continue to tell myself if I get hungry for something that has too many calories on diet day "You can have that tomorrow".

Lei says

Let's see if it works for me ?

Allene vanOirschot says

Great book for experienced fasters like myself. I would not recommend for beginners as it is quite the jump from daily eating to alternate day fasting. Beginners would be better off starting with a 5:2 approach for a good 12 weeks before even attempting EOD. I am finishing out my first 4 weeks and although I am not completely EOD quite yet(4:3) I have absolutely no deprivation and have lost close to 15lbs. Fasting is not for everybody but everybody can benefit from some form of intermittent fasting.

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mouth.

1. The book just goes on & on with studies this, studies that, studies everything. Of course, that's great to have evidence, and I am a very evidence-based reader. However, it seemed over-the-top and that all the studies were saying the same thing over and over again.
2. There didn't seem to be much content to the book. I think it could have been summed up with 10 pages: here's this simple diet, here are lots of studies to support it, and if you want recipes here they are.
3. I didn't see anything written on why the diet works, other than simply fewer calories. Perhaps that's correct and just fine, however when compared to Jason Fung's recent books on intermittent fasting, he presents a broad theory to explain physiologically why one diet works and another does.

I got through a couple of chapters, poked around the rest of the book, and came to the conclusion that there was nothing else interesting or new to see and stopped reading.

Teena in Toronto says

We all know that the way to lose weight is to eat less and more healthily and exercise more. Yet I'm always interested in reading the different diet books to see what their approach is.

This one is simple ... you eat 500 calories on "Diet Day" of anything you want and then as much as you want of anything you want the next day ("Feast Day") and keep alternating days (hence the name ... "every other day"). You can have booze but keep in mind that on Diet Day, depending on what you drink, you may not have many calories left for food.

In theory, it makes sense to me. You are eating about 25% of your usual calories on Diet Day. Say on Feast Day you eat what you usually eat which equals 100% of your usual calories. So between the two days you are eating 125% of your calories rather than 200%. Then you do it again the next two days and so on. Even if you overate on Feast Day to 125%, you are still only eating 150% of your calories rather than 200% between the two days.

On Diet Day, you can have whatever you want as long as you don't go over your 500 calories. The author suggests you skip breakfast and have a 400 calorie lunch or supper and a 100 calorie snack (there are lots of recipes and suggestions included in the book). Drink lots of water and tea/coffee, chew gum and exercise in the morning.

To back up this theory, she includes her scientific data and true stories of people it's worked for. There is also a maintenance program along with advice on how/when to exercise and keep your motivation going.

I think Diet Days would be tough ... I don't do hunger well. I've had to fast and it wasn't fun. But as the author reminds us, basically you are sucking it up for a day and you can have whatever you want the next. You aren't depriving yourself of anything because you know you can always have it "tomorrow".

Blog review post: <http://www.teenaintoronto.com/2013/12...>

lyle says

Dr. Varady is a scientist who developed this diet and then systematically and patiently collected evidence regarding its effectiveness. I've been on the diet for six weeks and two days and have lost 18 pounds. I kept

up a fairly demanding exercise program throughout, so this contributed to the success I've had. Admittedly, the first week required some resolve but after that I found my body adjusted to the every-other-day schedule. I found I had lots of energy on fasting days, which was a surprise. Another surprise was not waking up and over-consuming rampantly on feast days. I've read some disparaging comments about this diet that do not respect either the research findings or the personal stories of successful adherents. My guess is that this diet will eventually become the treatment of choice for weight loss.

Cathy aka The Attached Mama says

I was skeptical of this book when I heard it mentioned. The approach just sounded unhealthy....you know? I was also skeptical that this method would work. HOWEVER, I have changed my tune. This book contained more research to back this method of weight loss up than any other diet book I have ever read. (And I have read A LOT!) I love research and facts, and I loved this book. I've been on the diet plan for a while and it is about as close to a "Magic Solution" for weight loss as I can find. The weight has been coming off fairly effortlessly.

Autumn says

Of the three books I've read so far on intermittent fasting, this one was by far the most educational. Filled with data from her own studies, and other scientifically rigorous studies, it was a pleasure to read concrete outcomes and not only anecdotal quotes. I would highly recommend this book to anyone interested in the topic.

Shawna says

4 stars – Diet/Health

Alison says

The book is well written in an easy to follow style. Varady is a scientist and bases her writing on her own research and the research of others. The evidence is compelling and the advice on how to follow the diet is well structured. It's also very clear how a maintenance regime will ensure no subsequent weight gain.

Varady doesn't really acknowledge how people with disordered eating or eating disorders will cope on this diet. I know that my eating is disordered and I can overeat substantially. So I feel I do need to keep an eye on my calorie intake during 'feast' days where she says that everyone eats up to 125% of their recommended calorie intake. I am sure that if I wasn't careful I would eat 150%, although even with that amount of intake I should still lose, albeit at a slower rate.

I've started with every-other-day fasting just this week and I couldn't fit in a strict day-on, day-off approach because of commitments (involving food!) I already had in my diary but I did fast for 3 days out of 7 and I lost 3 lbs in that week. It's early days, but initial results are promising. I was also surprised that the fasting days were not as arduous as I was expecting. Yes I was hungry, but it was easy to accept that and not to be

tempted. I've found it better for me to eat my one meal in the evening and I intend to keep pursuing this approach until I am back at my fighting weight!

What I would have liked to have seen more of is some additional detail - certain facts are presented that left me wanting to know more. For example, she states that someone who is at a given weight and who has always weighed that amount has a higher metabolic rate than someone of the same weight but who has been overweight and has dieted. I wanted to know if that was a reversible characteristic or that person would always have a dented metabolic rate.

My overall view of this book is that it clearly sets the case for every-other-day fasting (500 cal limit) and provides enough guidance for it to be easy to follow. It also shows how a maintenance fast day (1000 cal) is a sustainable approach.

Ed says

I first saw the author of this book on CBS This Morning and thought, "Can't be true." Got the book anyway. It arrived three weeks ago and I am already 8 pounds lighter. The text is understandable and instantly usable. She does not spend a lot of time justifying the diet like so many books of this genre do. Her research and anecdotal evidence is compelling. She has included a number of recipes that I, personally, won't avail myself of. I prefer buying low-cal frozen meals at the supermarket.

I was able to start the diet the day the book arrived. I've personally modified her instructions a little by using an app, "myfitnesspal.com" and holding to about 2000 calories on my "up" days. (Super Bowl Sunday excepted.) I also allow myself to go 20-30% over the recommended 500 calories on my "down" days and make up for it the next day. Her instructions for maintaining the weight loss seem practical and doable. That's always the test of any weight loss regimen.

Give it a try, if other things haven't worked for you. What have you got to lose? (Grin)
