

# Net Energy Balance

## 4 Things to Make Your Diet Do

Every diet, regardless of the mechanism of weight loss it claims, will cause weight loss in only one way...A Negative Energy Balance.

That's it. Nothing but a simple equation where total body energy is equal to the energy you put into your body (calories consumed) the energy you use (calories burned during exercise, digestion, and maintaining metabolism).

- *Zero Energy Balance = No Weight Change = [E-in = E-out]*
- *Positive Energy Balance = Gain Weight = [E-in > E-out]*
- *Negative Energy Balance = Lose Weight = [E-in < E-out]*

In order to lose weight, you need to increase E-out and/or decrease E-in. We recommend increasing E-out and decreasing E-in but to lesser degrees than you would change them by themselves.

With that in mind, here are 4 things any diet should accomplish...

1. **A Diet Should...**create a *stable* negative energy balance and sustains it. Of course, any diet can do this, but very few take the time to do it right. The most important determinate in successful weight loss, besides a negative energy balance, is the time frame of weight loss, how fast or slow the weight is lost. The faster the weight is lost, the shorter the duration of success. Weight gain is inevitable for you with fast weight loss.

Take it slow, covering a long period of time, and you just might have a chance. This is when so many other factors play a role in determining your success. And since most diets only focus on one aspect, creating a negative energy balance FAST, they fail miserably.

2. **A Diet Should...**follow the tortoise philosophy on weight loss. Slow, steady, and consistent steps forward allowing for small successes each day while inching closer to your ultimate goal.

Consistency and perseverance will lead you to success, not the fast fad diet or magic weight loss pill guaranteed to burn 10 pounds of fat just by looking at it!

The end result is a stable negative energy balance created by the tortoise's way?slow and methodical. If you don't go slow, your body goes into diet shock, a state of sudden change that convinces your body the loss of weight was unintentional.

The only thing that can happen during diet shock is weight re-gain, almost immediately. Reacting to what your body perceives as a danger, it counteracts the weight loss by going into full fat storage mode. This causes weight re-gain at a pace equal to that of the weight loss. Give your body time and it loves change, rush it and the counteraction is on.

3. **A Diet Should...**progress slowly, following a deliberate and methodical process ending in fat loss. Losing fat and fat only is how we define Healthy Weight Loss. No exceptions.

A slow process of creating a stable negative energy balance and one small "trick" guarantees nothing but fat is lost! Yes, a trick. Not a secret, just a little trick that results in a change in when fat is burned for immediate energy in relation to carbs and proteins.

If you are going to lose fat then your body has to burn it before it normally would. Fat is normally used last for immediate energy because it's a perfect natural storage depot for energy.

So, trick the body into burning fat first and healthy weight loss can speed up a little. It's pretty cool and you'll learn more about it later.

4. **A Diet Should...**act as a guide for your *second* diet. That's right, a second diet. Once you lose the weight, you'll want to keep it off, I assume. If so, then you need a second diet to take over after the weight loss portion to help *maintain* your success.

We call this second diet a **prevention plan**. What does it prevent? Muscle loss. Your best protection from future weight gain is muscle. Much more on this will come later.

The take home message?diets, **we mean all diets**, do nothing more than create a negative energy balance by reducing calories and allowing for weight loss. It just doesn't matter what the diet claims or if it's the "new" dieting fad, weight loss occurs because you're eating less!

This is great news. It means the reason we fail, falls mostly on us, the dieters. How do you determine your success? By the speed in which you create a negative energy balance, your weight loss success or failure is dictated.

The rate of weight loss is the most important thing you control!

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