

AGGRESSIVE DIETING (AD)

What is Aggressive Dieting?

Aggressive dieting (AD) is a faster approach to fat loss, designed to help you achieve results sooner so you spend less time dieting. One of the biggest benefits of AD is that it may improve adherence, because:

- Results can be motivating
- There is less time spent dieting overall
- A lower bodyweight may be maintained for longer



Adherence and Aggressive Dieting

Some people assume aggressive dieting must be harder to stick to — but research does not support that.

An AD can be easier to stick to than slower weight loss — and the most effective diet is always the one you can stick to.

Muscle Mass and AD

A common belief is that aggressive diets lead to the loss of muscle mass.

- AD can cause LBM loss, but so can moderate approaches
- Sufficient protein and RT can minimise these effects
- Working with a registered nutritionist can help limit these effects
- Muscle gain is not the goal of an AD

Metabolism and AD

A common fear is that aggressive dieting will slow or “damage” metabolism. This is NOT true.

- AD won't slow your metabolism any more than slow weight loss - this applies when the amount of weight loss is equal
- AD won't damage your metabolism
- Diet strategies need to aim to preserve lean body mass - working with a registered nutritionist can help with this

Hunger and AD

A common belief is that aggressive dieting causes much worse hunger.

It can be true that when deficit increases, hunger increases — but once the deficit reaches a certain point in AD, hunger can drop off.

Evidence highlights from Coutinho et al. (2018):

- Hunger was lower in the fast weight loss group
- Fasting hunger increased significantly with gradual WL only
- Hunger after and between meals decreased significantly with rapid WL only
- This can make extending time between meals easier AD and hunger - Word

Not only is hunger not worse on an AD — evidence suggests AD may be optimal for reducing hunger.

But you still need to do it right to get those benefits, and have a plan for when hunger increases again.

Weight regain and AD

A common belief is: “The faster you lose it, the quicker you regain it.”

But it's important to note:

Hartmann-Boyce refers to the MORE you lose, the faster you regain

It does NOT mean the faster you lose, the faster you regain AD and weight regain

Even people who are not dieting often gain around 5kg over 5 years, because people tend to gain weight as they get older.

- Evidence doesn't support the belief that AD automatically causes quicker regain
- It's important to distinguish between relative weight regain and absolute weight regain
- AD doesn't solve the regain problem alone — multiphasic strategies are where the real benefit lies. This is something a nutritionist can help you with.

Key Takeaways

- Aggressive dieting can be easier to stick to than moderate dieting
- Hunger is often lower in those who are aggressive dieting vs slower weight loss
- Aggressive dieting won't slow metabolism more than slow weight loss (when total weight loss is accounted for)
- Muscle loss risk exists (like any diet) but can be minimised
- Faster weight loss does not automatically mean faster regain.

If you would like further information please contact me:

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