

Title:

- *The Fat Smash Diet* by Ian K. Smith, M.D.
- Dr. Smith has received several degrees from Harvard College, Columbia University, and Dartmouth Medical School. He is also a medical contributor for ABC's *The View*, a columnist for *Men's Health*, and is a diet/medical expert on VH1's *Celebrity Fit Club*.

Rationale/Claim:

- A 90-day program with 4 different phases that focuses on long term fixes to “re-wire your body and it’s relationship to food and physical activity for the rest of your life.”
- Phase 1 lasts 9 days and focuses on detoxing the body and getting rid of impurities. Phase 2 lasts 3 weeks and lays the foundation to healthier eating and slowly adds some foods back into the diet (cereals, meats, beverages) with also an increase in exercise. Phase 3 lasts 4 weeks and is based on the construction of an eating plan that allows you to enjoy the foods you have liked in the past. Phase 4 lasts the rest of your life and is all about maintaining healthy habits.
- It’s based upon teaching principles of healthy eating but allows you to have that piece of cake or scoop of ice cream and stomping out the bad habits. It’s about balancing food and your diet and everything in moderation.
- Looking at the references for this diet/book, it looks as though there is some good scientific evidence to support the diet. Most of the books or article listed are from reputable sources. These sources include: science/nutrition textbooks, scholarly journals, and national publications/standard (UDSA). Yet looking at the bibliography, I also noticed that some of the references are from other diet books, such as Atkins. The amount that the author uses those references for information or to diverge his diet/theories, is unknown.

Overview of diet:

As stated above, the diet is broken down into phases. Phase I lasts for 9 days, and is composed mostly of fruits, vegetables, nuts/seeds/legumes, and low-fat dairy (yogurt, milk). Also, 30 minutes a day, five days a week of exercise is recommended with this phase. An

example of a one-day menu would be:

Meal #1 1/2c oatmeal, 1c raspberries, 1c low-fat milk

Meal #2/heavy snack 1/3c plain low-fat yogurt dip, 2c raw vegetables

Meal #3: Green bean salad (1/4lb green beans, 4 cherry tomatoes, 1/4c bell pepper, parsley, Dijon, olive oil, lemon juice, s/p)

Meal #4/light snack: 1 low-fat granola bar

Meal #5: Lentils with grilled mushrooms, asparagus, and asparagus broth

Phase II is a three week long “foundation” it includes more foods into the diet, yet still restrictive. Also it increases the exercise by 10-15% per day (30 min. now is 35 min).

An example of a one-day menu would be:

Meal #1: 1c bran cereal, 1c low-fat milk, 1 medium banana, 1c orange juice

Meal #2/heavy snack: 2 rice cakes, 2 tsp peanut butter

Meal #3: Chopped vegetable salad (1/2 cucumber, 1/2 c grape tomatoes, 1/4 bell pepper, 1/4 c green beans, 1 tbs corn, 1/2 carrot, olive oil, balsamic vinegar, garlic, s/p)

Meal #4/light snack: 2 small chocolate chip cookies

Meal #5: Garbanzo beans with chicken, broccoli, and tomato broth

Phase III is the “construction” phase, and is four weeks long. It is important to eat at least four times a day. Also, exercise is increased by 25%, so now up to 45 minutes a day, five days a week, or more. An example of a one-day menu would be:

Meal #1: 1 English muffin, 2 tsp peanut butter, 6-oz cup of low-fat plain yogurt, 3/4 c black berries

Heavy snack: 1/2 c sugar-free chocolate pudding, and ten cashew nuts

Meal #3 (lunch): Chicken and summer vegetable broth

Light snack: if desired

Meal #5 (dinner): Chicken Marsala with brown rice risotto and sautéed haricot verts with marinated tomatoes

Phase IV, “the temple” lasts for life, or how ever long you would like to stick with the diet. There is an emphasis on maintenance. Exercise is increased to an hour each day. An example of a one-day menu would be:

Meal #1: 2 (4 in) pancakes, 1 tbsp syrup, 1/2 c strawberries, 1 c low-fat milk or orange/apple juice

Heavy snack: ½ c low-fat plain yogurt, 1 c fresh fruit

Meal #3 (lunch): Ahi fish tacos with roasted poblano guacamole

Light snack: as desired

Meal #5 (dinner): Roasted chicken breast with brown saffron risotto, oven dried tomatoes, and basil/mint jus

- There are no specific kcal restrictions. Listening to your hunger cues and watching excessive portion sizes.
- The first phase (first 9 days) restricts all meats and is low fat. This may be extremely difficult for someone to follow if they are used to eating lots of meat.
- Gradually, more foods (and meat) is added back into the diet to equal a normal diet (40-60% CHO, 20-30% fat, 15-20% protein)
- With the exception of the first phase, it does appear to meet micronutrient needs. The first phase may lack in fat soluble vitamins.

Is it well-rounded and sustainable?

Yes, all three aspects of weight loss were addressed. Diet and exercise go hand-in-hand in this book. Behavior modification is also addressed. For example, if you feel like you're slipping out of the diet and gain a significant amount of weight back, then its okay. You just start at the first phase again. This diet book wants you to think about portion sizes and how much you eat and paying attention to your hunger cues.

Critical Comments: (Use bullet format please)

- Overall, the kcal needs are okay. This diet isn't intended to starve you; it's about listening to your hunger cues.
- The only thing that really bothers me is the first phase where no meat is allowed. It's a really restrictive phase where people may want to quit. Carbohydrate (mainly in the form of fruits, vegetables, and brown rice) are allowed but the main concern is protein. Tofu, lentils, chickpeas, and beans are allowed but few would want to eat that for 9 days straight.

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- After the first phase, the diet seems to be nutritionally adequate, balanced, varied, palatable, and easy to follow.
- The cost isn't that much. There are no special foods that have to be bought that are expensive.

Overall Conclusion:

This diet is better than most diets. It's overall safe. If a person absolutely wants to be put on a diet I would recommend it because it's about gaining your trust back with food. It is pretty