



Carbs & Cals

Bestselling Book & Award-winning App for Diabetes & Weight Loss



✓ 5:2 Diet

STARTING OUT ON THE 5:2 DIET

The 5:2 approach enables you to lose weight without deprivation. Eating a normal, healthy diet 5 days a week, and fasting on the remaining 2 days reduces your overall calorie intake by 25%. This may suit some people who have struggled with other approaches, as research suggests people are able to follow this type of diet for longer than other types.

WHAT ARE MY CALORIE LIMITS?

	WOMEN	MEN
Normal Day	2,000* Calories	2,500* Calories
Fasting Day	500 Calories	600 Calories

* Specific calorie requirements for a normal day vary from person to person, based on height, weight, age and activity level.

Use the Calorie Requirements Calculator at www.carbsandcals.com/BMI to calculate your individual calorie requirements for a non-fasting day.

CALORIE COMBINATIONS ON FASTING DAYS

There are a number of ways you can achieve your 500 calorie target on fasting days. Sometimes it takes a few fasting days to work out the most suitable plan for you. Foods that are good to include on fasting days are lean protein such as meat, fish, eggs, or tofu; low-fat and low-sugar dairy foods; small amounts of healthy fats; vegetables and fruit. Planning is very important. The 5:2 Diet Photos book can help you plan your meals and snacks.

If you are in a rush in the morning, with little time to prepare breakfast, it may be easier for you to skip breakfast and have:	250 Cals at lunch 250 Cals for dinner
Busy at work through the day? Try missing lunch:	250 Cals for breakfast 250 Cals for dinner
If you prefer the idea of three meals a day, have three smaller meals:	150 Cals for breakfast 150 Cals at lunch 200 Cals for dinner
Some people find that eating little and often works best to help keep hunger away through the day:	100 Cals for breakfast 50 Cals for mid-morning snack 100 Cals at lunch 50 Cals for afternoon snack 200 Cals for dinner

COMMON QUESTIONS ABOUT THE 5:2 DIET

Can I eat what I want on non-fast days and still lose weight?

The 5:2 diet does allow you to eat your favourite foods on non-fast days but it is still important to be aware of portion sizes and remain within your overall calorie budget.

Do I need to take nutritional supplements on fast days?

No, this is not necessary. Provided you eat a healthy, balanced diet on the non-fast days, there is no need to take any nutritional supplements.

Will I feel hungry?

You can expect to feel more hungry on fast days, but this is only for 2 days out of 7, and there are some great-tasting, low-calorie snacks you can include. Here are some examples from the [5:2 Diet Photos book](#):

Melon & Ham



Roast Tofu Sticks



Olives, Feta & Veg



What are the side effects?

You may experience headaches on fasting days. Constipation is also a risk, but both of these side effects can be easily avoided by drinking lots of water (aim for 3 litres a day on fast days) and including plenty of vegetables, salad and some fruit on these days.