

RUCHI GURNANI · NUTRITIONIST

Every diet, explained with Indian food



10 diets people ask me about. What the research found, and how to do each one with the food already in your kitchen.

Swipe 👉

1

OF 10



Intermittent fasting

When the calories match, fasting and ordinary calorie cutting give the same weight loss and the same muscle loss. Fasting is not magic. It is one way of eating less.

DO THIS

If skipping breakfast and eating between 12 and 8 feels easy, do it. If it makes you raid the fridge at 9 pm, eat breakfast. Both work.

2

OF 10



Low carb or low fat?

In the trial that put Atkins, Zone, Weight Watchers and Ornish head to head, sticking to the diet predicted weight loss. The diet itself did not.

DO THIS

Pick the plate you can eat for a year. Roti, sabzi, dal and dahi can be built low carb or low fat. Consistency is the diet.

3

OF 10



The high-protein diet

In 28 trials, higher protein did not change kidney filtration in adults with healthy kidneys. Past about 1.6 g per kilo a day, extra protein adds no more muscle.

DO THIS

Aim for one protein at every meal: dal, paneer, eggs, dahi, chicken, fish. If you have a kidney condition, ask your doctor first.

4

OF 10



The vegetarian diet

India's own guideline sets protein at 0.83 g per kilo, and raises it to about 1 g per kilo on a cereal-based diet. Plant proteins do not have to be combined in the same meal.

DO THIS

Spread it across the day: dal at lunch, paneer or rajma at dinner, dahi and chana in between. A range of plant proteins, not a formula.

5

OF 10



The 'no cheating' diet

People who allow treats in small amounts lose more and keep it off better than people who ban them outright. After one break, strict dieters eat more, not less.

DO THIS

One planned treat a week. A gulab jamun, eaten slowly, is not a failure. Two days of 'I have ruined it anyway' is.

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OF 10



Diet breaks

Taking two-week breaks from a diet produced more fat loss in one trial. It made no difference to muscle. The break is eating at maintenance, not eating everything.

DO THIS

Two weeks on, two weeks eating normally, repeat. Good for anyone who quits every diet at week three.

7

OF 10



The 'no seed oils' diet

Adding the main fat in seed oils to the diet has not raised inflammation markers in any controlled trial in healthy people. The scare is not backed by trials.

DO THIS

Swap the oil if you like, but the win is in how much oil and how much frying. Two to three teaspoons a day of any oil is the target.

8

OF 10



The high-fibre diet

Across 185 studies and 58 trials, the benefit was greatest at 25 to 29 g of fibre a day. Most plates fall well short of that.

DO THIS

Whole fruit not juice, sabzi at both meals, dal or chana daily, and add it slowly or it causes gas. Fibre is the cheapest diet there is.

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OF 10



The 'healthy packaged' diet

Given as much as they wanted, people ate about 500 calories a day more on packaged food than on home-style food with the same salt, sugar, fat and fibre.

DO THIS

Protein bars, diet biscuits, 'healthy' namkeen: a diet built on packets will lose to ghar ka khana. Cook, even simply.

10

OF 10



The no-rice diet

Rice cooked, chilled overnight and reheated raises blood sugar less than fresh rice. Rice is not the enemy. The amount, and what sits next to it, is.

DO THIS

Keep rice. One katori, cooked the day before, with dal and sabzi taking up more of the plate than the rice does.

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