

## The Rice Diet Solution

The *Rice Diet Solution* is based on the 1939 Rice Diet Program, where dieters checked into facilities in Durham, N.C., for an intensive two to four week boot camp focused on treating obesity, diabetes, heart disease, hypertension, and kidney disease.

*The Rice Diet Solution* is an extremely rigid approach to reverse disease and cause weight loss. The detailed food plan severely limits salt, sugar, fat, and processed foods and causes rapid weight loss. Dieters are promised fast weight loss of 20-30 pounds the first month, followed by 2.5-3.5 pounds per week in the later phases. Add the recommended exercise and you can lose even more weight.

The plan consists of a very low-calorie, high-complex carbohydrate, low-sodium, low-fat, low-sugar, low-protein, whole-foods diet designed to detoxify, and prevent or reverse chronic diseases. The plan incorporates stress reduction through mindfulness, yoga, and meditation as well.

**NOTE:** The diet is not recommended for anyone who has had a colon resection or impaired kidney function.

### The Rice Diet Solution: How It Works

Ricers, the affectionate term for those following the *Rice Diet Solution*, eat more than just rice -- but not much. Though rice is part of the plan, it is one of 30 foods available at any given meal.

The plan allows for whole-grain starches, low-sodium beans, fruits, vegetables, nonfat dairy and very lean protein sources

*The Rice Diet Solution* starts with 800 calories then gradually increases to the final, maintenance phase that allows 1,200 calories per day for the rest of your life. Experts warn that very low calorie diets less than 1,200 calories daily should be followed with medical supervision.

### The Rice Diet Solution: What the Experts Say

*The Rice Diet Solution* works best in a controlled environment, like the Durham clinic, with support services, medical supervision, and a boot camp mentality. When it comes to doing it at home, it may prove difficult. Additionally, many of the diet's recommended products are not widely available and require special orders.

The diet "has some good components including exercise, stress reduction, lifestyle changes, and an emphasis on whole foods," says registered dietitian Jamieson-Petonic. "What concerns me is when you eat less than 1,200 calories per day, your body thinks it is starving and responds by lowering basal metabolism, which could set up the undesirable yo-yo syndrome."

Which means such an inflexible and low-calorie diet is hard to sustain, could trigger bingeing, and has the potential for nutritional deficiencies. It's also a challenge when you eat out or attend social events.

Additionally, experts warn that low- may lead to the loss of muscle mass. "Lean and low-fat protein is important in everyone's diet," says Jamieson-Petonic, "especially if you are trying to lose weight, because it maintains muscle mass and keeps you feeling full longer than other nutrients."

### The Rice Diet Solution: Food for Thought



*The Rice Diet Solution* will cause weight loss due to its very low calorie content, but it may also take away some of the pleasure of eating, with its rules and limited food choices.

Inflexible, strict diets tend to be short-term fixes because dieters grow weary of the rules and cannot sustain the program for a lifetime. And with such diets it's questionable whether lost weight will be kept off when the likelihood is that the dieter will return to old eating habits.

*The Rice Diet Solution* may be a good kick-start to a healthier lifestyle but probably is too difficult to sustain long-term. Anyone with medical conditions or who needs to rapidly drop pounds may want to give this plan a try -- providing they get approval from their physician before starting on this semi-starvation program.

Adapted from a WebMD article