

Soundbite Script – How reverse dieting can boost your metabolism

Nicole O'Neill, dietitian, OSF HealthCare

"Reverse dieting is used when you've been on an actual calorie-deficit diet for a while, and you're trying to get to middle ground, where you're no longer losing or gaining. It's a way to determine how many calories you need to maintain." (:18)

Nicole O'Neill, dietitian, OSF HealthCare

"When you're trying to lose weight, there is a stop point you have with a goal weight in mind. So, if your goal weight is 150 and you've hit your 150, you don't want to go to 130. So, you have to adjust something to stop that weight loss and be where you want to be. And inevitably, it's adding a bit more calories. And that's all the reverse dieting is – adding a bit more calories." (:27)

Nicole O'Neill, dietitian, OSF HealthCare

"I think it's a way to help you not have a regain. We want to achieve a goal weight. We want to maintain the goal weight. The reverse diet thought process helps you do that." (:14)

Nicole O'Neill, dietitian, OSF HealthCare

"They lose 60 pounds, they feel great, and then they're like, 'Ha, we're done. Well, a year later, they've gained it back, because they returned to what they were doing before the diet. So, this is a way to incrementally increase, to get them to maintenance without that regain of weight." (:17)

Nicole O'Neill, dietitian, OSF HealthCare

"Say you typically were going to eat 1,500 calories to lose weight and now you want to do 1,600 calories. You could add an extra hardboiled egg and an extra handful of carrots, and that's your 100 calories." (:13)