

How to lose weight...fast

Slash calories just two days a week



GORGING on pizza, chips and chocolate one day, then eating only scrambled egg and chicken the next may sound an unhealthy diet.

But "intermittent fasting" — eating to your stomach's content, then only picking at a strict 500 calories the following day — is fast becoming the latest diet craze. And as well as helping you shed extra pounds, the diet — based on a book called *The Fast Diet*, by Dr Michael Mosley and Mimi Spencer — also claims to lower risks of diabetes, heart disease and cancer.

The eating plan has soared in popularity since featuring on a BBC2 Horizon documentary where Dr Mosley ate normally for five days a week and only consumed 600 calories the other two days — known as the 5/2 diet.

Dr Mosley lost nearly a stone and reduced his body fat by about 25 per cent.

He also improved his blood sugar and cholesterol levels.

Here, nutritionist AMANDA URSELL and fitness expert NICKI WATERMAN give their views on the diet that looks set to take 2013 by storm.