



The Fast Diet – Michael Mosley

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5-2 Diet – The Fast Diet Review:



This has proved a tricky review to write. I've been successfully following the **5-2 diet** without a book for a few months, after watching an illuminating Horizon programme, using my own research and the advice of friends and other dieters. And as such I'm probably NOT target market for [The Fast Diet](#) although I really did want to see how useful it was. And I've tried to write my review of **The Fast Diet** objectively as if I was starting out because I suspect that is who this book is aimed at.

The Fast Diet isn't a particularly expensive book and is [currently available for at £5.99 at Amazon](#) – personally as a die-hard 5-2 diet follower who has been using the fast diet now for 4 months I found some sections a lot more useful than others. To some extent the book suffers because the diet IS remarkably simple. Unlike diet programmes like Dukan, you don't have to do different things at different phases or buy special food. There are no 'forbidden' things to eat or things you must eat. The only rule is to keep your calorie count to under 500 for a woman and 600 for a man on fast days.

The introduction gives a little more detail on Michael Mosley's original research and on his own test result pre and post trying the diet for a month. It's important to remember this diet is about a lot more than weightloss and it's useful to have this point reaffirmed. It's informative and helpful and I can see myself checking sections as needed when friends ask me about the impact of the 5-2 diet on certain illnesses (I have no medical training at all!!!). But, I found much of the 'how to do it' section of the book potentially off putting. The meal planning is all about eating breakfast and supper and not helpful for someone like me who seldom eats breakfast and hates boiled eggs (and elsewhere the book comments that a longer 'total fast' might be more beneficial). Equally the menu plans are less helpful for someone who wants to spread their calories over 3 meals. But they do have the benefit of being relatively simple.