



Fiona Beckett

Matching food & wine

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THE FAST DIET BY DR MICHAEL MOSLEY AND MIMI SPENCER

POSTED BY [FIONA BECKETT](#)  ON JANUARY 3 2013 AT 08:59

It's a measure of how frantic we are to lose weight that Dr Michael Mosley's diet book [The Fast Diet](#) shot straight to number 1 on Amazon yesterday. But is it worth buying?

I've been on the diet for just over a month and lost 4kg despite Christmas so there's no doubt the method works. The idea is brilliantly simple - on two non-consecutive days a week you restrict yourself to 500 calories a day (600 for men), the rest you eat whatever you like. Well, not quite. If you attempted to make up for your semi-fast with a massive burger blowout you'd probably wouldn't make much progress. But happily the fast days have the effect of taking the edge off your appetite.

The most interesting and useful aspect of the book is Mosley's explanation of the science behind the diet which covers the research he did for [the Horizon programme](#) in the summer which kicked off the craze. Fasting, he says, is a natural state for humans and restricting your calories regularly can not only help you lose weight but help to prevent diseases such as diabetes, alzheimers and cancer.

