

Can you lose weight without counting calories?

Introduction video; Chris Van Tulleken

You might be surprised at how much energy there is in food. So for example, a can of fizzy pop has about a hundred and fifty calories in it. So that's going to take you about 20 minutes of jogging to burn off. But, if you had a full fish and chip blow-out with all the trimmings; mushy peas, tartare sauce, a pickled egg, I always have a pickled egg, you could have two thousand calories on your plate and that would take you four hours of solid running to burn off. Now, exactly how many calories you need in a day varies from person to person according to your sex, your age, your body size and how much activity you do. But one thing is incontrovertibly true, and that is that if you eat more than you burn you will gain weight. Now, two digestive biscuits have about a hundred and fifty calories in them, just like the can of pop, and if you have two digestive biscuits worth of calories more than you burn every day for a year it might not sound like much but you will put on five kilos that's about eleven pounds. Over the course of a lifetime, that really starts to add up.