

Dr Chris Van Tulleken

Presenter, What's the right diet for you? A Horizon special

Hello, I'm Dr Chris Van Tulleken and this experiment is designed to help find the best diet for you.

Now most diets are a one size-fits all approach to losing weight, but this is a little bit different.

Because scientists have discovered that we all gain weight for different reasons – reasons that are to do with our psychology, our biochemistry, and our genes.

We've used this information to design diets that should be more suited to you as an individual. Diets that should not only help you lose weight, they should help you keep it off for good.

First complete our interactive questionnaire below and this should help indicate which one of our three groups of eaters you fall into. We've called them the emotional eaters, the feasters and the constant cravers.

Then click on the links below for a free ebook, recipes and lots of useful links to help you realise your dieting goals.

Best of luck.