Two years of weight and diet tracking

Randy Sargent
184 lbs

176 lbs
176 lbs
184 lbs
Needed a change:

Felt bad a lot

Post-meal “crash”
Avoid processed foods
Avoid added sugar
Minimize glycemic index
Avoid grains, somewhat
Start day with eggs
Meat, fish, veggies, cheese, nuts
Some starch from sweet potatoes
Don’t limit amount of food
Snack when hungry

Paleo, low-carb, slow-carb
Felt great!

Energy levels more even during day

No post-meal crash
184 lbs (BMI 26.4) to 167 lbs (BMI 24.0) without any attempts to limit amount of food
Weight stable for more than a year
165 lbs in October 2011 to 181 lbs in July 2012
WTF?
Welcome to freefoodland

[picture of cafeteria and snack area]
In freefoodland:
0.2 lbs weight gained/day

Out of freefoodland:
0.04 lbs weight lost/day
Hypotheses
Measuring weight keeps it down?
Snack more when snacks are closer?
Falling off paleo/low-carb/slow-carb bandwagon makes me want to eat more
Free food motivates eating?
Variety motivates eating?
It takes a long time to discover correlations with weight gain/loss

Need to try experiments for weeks to months at a time
A scale that accurately measures the right things would be a game changer
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