

The Super Trendy Diet That Experts Approve

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It seems like every day there's a new diet garnering major buzz—the latest one gaining traction is the 5:2 Fast Diet.

A unique approach to [weight loss](#), the diet focuses on intermittent fasting, which in this case means reducing the amount of food you eat for any two days of the week.

The method relies heavily on psychological effects—you aren't depriving yourself of food for long periods of time or tricking your metabolism, but

rather training yourself to eat healthier and reduce cravings. Created by London-based physician Michael Mosley, MD, and built on the work of scientists who have studied fasting, the diet involves eating 2,000 calories per day (an occasional slice of pizza is not off limits) for five days and then cutting down to a total of 500 calories on each of the other two days. "Fasting days should include plenty of protein and vegetables. I like an egg at breakfast, a low-calorie soup at lunch, fish and veggies at dinner, and a handful of nuts for a snack," says Dr. Mosley.

New York-based certified nutritionist **Franci Cohen** says that the diet is safe, but not for those who are pregnant or have an eating disorder. "I think people are gravitating to it because it gives them attainable short-term diet goals."