



Does the F-Factor diet work to lose weight?

Sometimes after doing a lot of things, we feel that losing weight is just a myth. So if you are looking for a [weight loss center](#), Reset Center can be a better option. In this post, we will discuss the F-Factor diet plan and how it works for you.



Have a look...

The F-Factor Diet is a kind of weight loss plan focusing on high fiber foods and lean proteins. It helps you to achieve healthy weight loss without depriving you of foods or beverages you enjoy. It also does not require you to exercise.

What is the F-Factor Diet?

Tanya Zuckerbrot, a registered dietitian, created the F-Factor Diet. It comes with a meal plan, food line, and other branded products. In 2006 the F-Factor Diet book was released.



The F-Factor "F" stands for fiber, a nutrient that most people don't get enough of. Fiber is an unhealthy carb that adds bulk to foods.

The F-Factor plan based on:

- high fiber foods
- lean protein
- complex carbs

These are the core principles that make it different from many other diet plans:

- eating out at restaurants
- eating the right kinds of carbs
- drinking alcohol if you choose to
- spending less time exercising

The F-Factor Diet emphasizes flexibility and does not require you to restrict yourself when enjoying alcohol or eating out in moderation.

The diet plan design to be more sustainable than many other dietary approaches. The creator says that it is based on the science of anatomy and physiology, which don't change with dieting.

How to follow the F-Factor Diet

The F-Factor Diet focuses on three meals plus one snack every day. It combines lean proteins and high fiber foods and design to:

- keep you full longer
- be low in calories
- prevent feelings of deprivation

There are various phases to the F-Factor Diet. Every increases the net carb intake until you reach your carb target.

Net carbs are the digestible carbs the body breaks down and absorbs after accounting for alcohol, sugar, and fiber.

Generally, they are calculated by subtracting the fiber content from the grams of carbs serving food.



Remember that the F-Factor Diet would be considered a low-carb diet, which generally consists of 20–130 grams of carbs per day.

The diet maintains unprocessed carb sources like vegetables, fruits, whole grains, seeds, and nuts over-processed carb sources, including refined grains and added sugar.

- In 1st phase, the F-Factor Diet incorporates fewer than 35 grams of net carbs per day. That spread over approximately 3 servings of carbs. That means to jump-start the weight loss.
- In the 2nd phase, you incorporate fewer than 75 grams of net carbs per day. That spread over around 6 servings of carbs.
- In the end, the F-Factor Diet's last phase is the support phase, which you will survive indefinitely. In this phase, you include around 9 portions of carbs per day or fewer than 125 grams of net carbs.

We hope this is useful for you or rather than it if you are looking for a [weight loss center](#), you can choose us as the team of professionals.

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