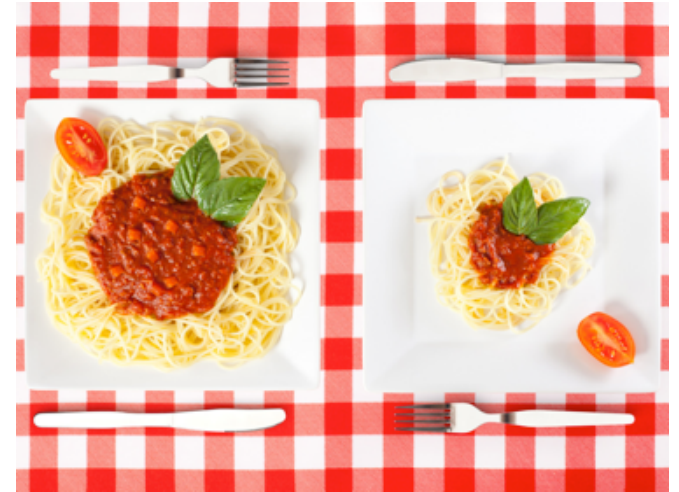

How To Implement Calorie Restriction

A guide by Derek Mulch

What is Calorie Restriction?

Calorie Restriction is any diet regimen that restricts calories without incurring malnutrition.



How can Calorie Restriction benefit you?

- Improvements in longevity
- Weight Loss/Body composition
- Reduce inflammation
- Metabolic improvements
- Cognitive improvements



Context Dictates Approach

What are *your* goals?

What are *you* trying to accomplish?

How are *you* wanting to benefit from Calorie Restriction?

Would CR even support *your* current goals?



Check Yourself, Before You Wreck Yourself

What's your daily life look life?

How's your stress?

Are you familiar with tracking calories?

What are your current dietary habits?



If You Want To Implement CR You Need To:

- Learn to count calories.
- Learn to read foods labels.
- Learn to use a food scale to weigh food.
- Use an app or diary to track.
- Consider a meal plan.



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“How Many Calories Should I Restrict?”

- Science has shown benefits restricting as little as 10%, and as much as 60% of current maintenance calories.
- Start with 10-20%.
- A calorie restricted diet is meant to restrict WITHOUT causing malnutrition.
 - The bigger the deficit the larger the risk of deficiency.

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“I don’t know my maintenance calories, how many calories should I eat to start restricting?”





Generic Recommendation:

Current body weight multiplied by 12

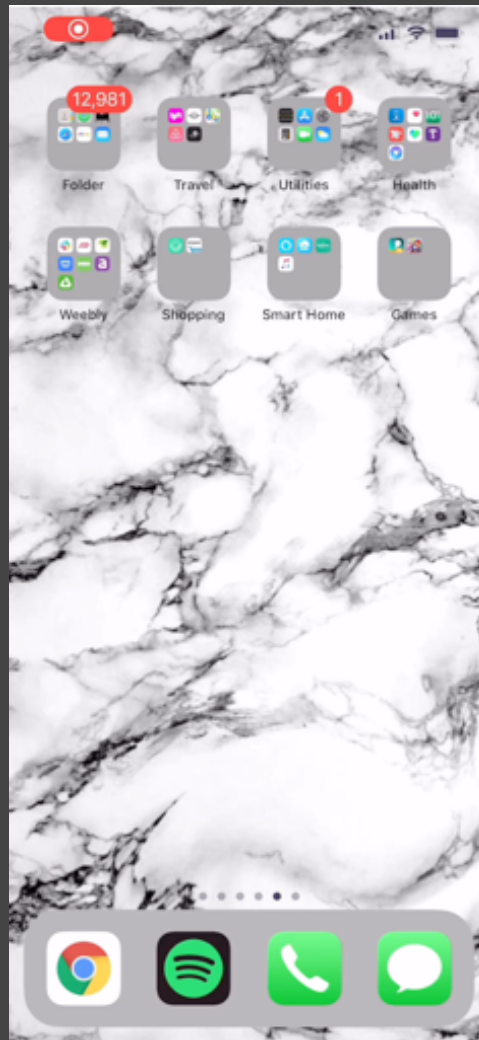
This is a good starting place that usually falls into the 10-20% of maintenance calories for most people (about 300-500 calories a day).

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**“Ok, I’ve got my calories,
how do I track these
calories?”**

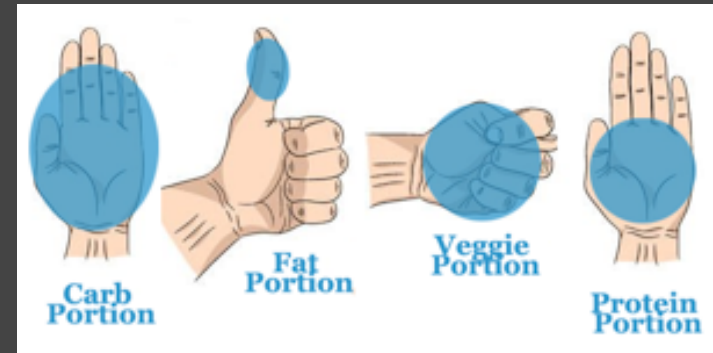
- Use an app, like MyFitnessPal, or a notepad.
- MyFitnessPal is very easy to use, and I’d highly recommend you go this route.

My Fitness Pal Demo



“How do I weigh and measure food?”

- **Scales:** The most accurate way to determine how much you're eating is to weigh your food. However, this can be time-consuming and isn't always practical, it's a good skill to have.
- **Measuring cups:** Standard volume measures are slightly quicker and easier to use than a scale.
- **The Hand Method:** Although not the most accurate, the hand method is one of the easiest, and practical ways to track portions for any given meal.



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**“Ok, I’ve got my calories,
and I’m ready to track. But
should I fast? Isn’t fasting
the same as CR?”**

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No, despite identical benefits, fasting and CR are not the same.

Calorie Restriction is a focus on how much you eat.

Fasting is the focus of the frequency of eating,

“So can I do both fasting and CR”?

You sure can. In fact, skipping breakfast is a thoughtless way to quickly reduce calorie intake. So let's talk about the different ways you can restrict calories.

Different Ways To Restrict Calories



“Should I fast?”

Do you like fasting? If so, great, but to achieve the benefits of longevity, CR is just as effective. CR doesn't require restricted eating windows, just restricted overall food intake.

And if you're even asking this question, the answer is likely, no. Here's some signs fasting isn't for you at this time:

- You get anxious during your fasting window.
- You become overly focused on food. Literally counting down the seconds till 12pm, the start of your feeding window.
- Fasting causes you to binge eat.
- You've consistently been in a binge-restrict cycle.
- You're stressing over the 10 calories of cream you put in your coffee, breaking your fast.

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“Ok Derek, I’m clear on the how, when, and why, but do I now have to count calories forever?”

No, you don’t have to always count calories, but calories ALWAYS count. Plus it’s a great tool to have in the tool box.

“I don’t want to mess this up, should I...”

Stop right there.

No one got healthy by eating one salad. No one got out of shape by missing one workout. No one got fat from eating one cookie. And no one radically extended their life by taking 1 supplement.

The best way to overwhelm yourself is making massive changes too quickly. Don’t change what’s working for you now. If 3 meals is working for you, don’t jump to fasting and eating 1 meal a day. Just make 1 of those 3 meals smaller.

If you go over your calories, get back on track tomorrow.



To Super Longevity.

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