Greater weight loss found with repetitive, boring diets

(Ian Dyball/Getty Images)

A study in Health Psychology suggests that following a repetitive diet can aid weight loss. Researchers from the Oregon Research Institute found that participants who maintained a routine eating pattern, consuming similar meals daily and keeping calorie intake consistent, lost more weight over three months compared to those with varied diets. The study analyzed food logs from 112 overweight or obese adults, revealing that those with repetitious diets lost an average of 6% of their body weight, while those with varied diets lost 4%. Lead researcher Charlotte Hagerman notes that creating eating routines can make healthy choices more automatic.
Full Story: HealthDay News (3/30)