

3-HOUR DIET

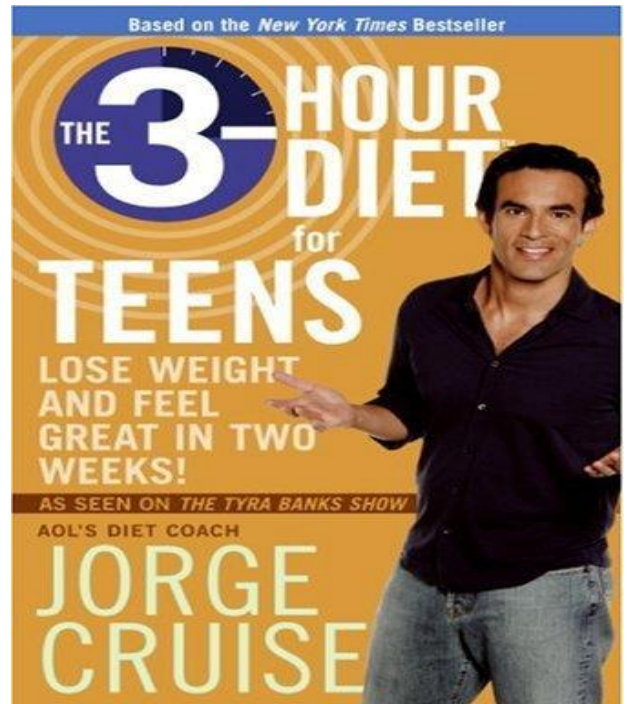
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Abstract

A man named Jorge Cruise, who asserts to have been forty pounds overweight, created a diet regimen aimed at getting rid of "belly fat." The National Institutes of Health Trusted Source states that having belly fat can raise your risk of type 2 diabetes and heart disease. This diet plan targets the belly, which is a troublesome area for many people. A patented diet plan called the "3-Hour Diet" calls for eating little meals every three hours of the day. This is a strictly regulated plan with set meal times. Cruise claims that dieters can reduce body fat by keeping their metabolisms high by eating at specified times of the day. Based on the idea that your body enters "starvation mode" if you go more than three hours without eating, Cruise created this diet. Put another way, your body slows down your metabolism, storing fat and burning muscle in anticipation of a day when you won't be hungry. According to Cruise, eating regularly will maintain your metabolism up and help you burn fat all day. This diet keeps hunger at bay by allowing you to eat at regular three-hour intervals.



Keywords

Jorge Cruise, weight loss plan, starvation protection mechanism, hunger pangs, thermic effect of food, blood glucose, metabolism, 1450 calories.

Diet History

The plan was developed by fitness trainer Jorge Cruise who wrote the *8 Minutes in the Morning* books on fitness and short workout routines. The Three-Hour Diet was developed in response to requests for a weight-loss plan that required little or no exercise or used techniques and concept common to many other diets. How to consume food six times a day and yet shed up to 10 pounds in a month. Jorge Cruise, best-selling author and diet coach, offers a meal plan that will alter your life.

Work

The plan revolves around the theory that timing mealtimes with precision – and not the elimination of carbohydrates – is crucial to successful weight control and includes a “Three Hour Timeline and 3-Hour Plate”. According to the timeline rationale, eating every three hour avoids hunger pangs and the activation of the starvation protection mechanism (SPM), the thermic effect of food (using up calories for digestion) is maximized and blood glucose levels remain constant. There is no need for food restrictions or limitations on carbohydrate intake and visual timing develops an automatic eating schedule that increases your awareness of when and how to eat.

“The Three-Hour Plate” includes five to six portion – controlled daily eating events every three hours during this 28-day low – calorie food plan. The key to the diet three square meals (about 400 calories each), two snacks (about 100 calories each), and one treat (up to 50 calories) for a total of 1,450 calories.

While carbohydrates are permitted, whole grains are promoted as “extra credit: Protein foods low in saturated fat (egg white, white meat, low fat yoghurt, 1% milk) and foods rich in Omega – 3 and Omega – 9 fats are firm favorites. Red meat is also allowed.

Regularized eating habits helps to minimize low blood sugar levels and boost metabolism.

Pros and Cons

This structured, low calorie eating plan with its small frequent mealtimes and numerous strategies encourages compliance in the dieter by taking even favorite food and during out into consideration. You can eat whatever you like so long as it is within the recommended timeframe and caloric allowance. The 3-Hour Diet covers everything. There are no food kinds that are outside limits. Actually, in moderation, several of the most vilified foods are acceptable. Dieters are permitted to occasionally consume red meat, bacon, chocolate candy bars, and fast food chicken. For individuals who aren't ready to give up their favorite foods, this is enticing.

Although the Diet's weight-loss claim is an average of two pounds per week, this will ultimately depend on an individual's constitution. The plan's wordy terminology with its new trademarked terms for well-known dieting strategies or techniques could initially be perceives as confusing. Despite assurances that there is no calorie counting or banned foods, the plan does impose portion control through the size of servings and caloric restriction. There is disagreement among specialists over whether eating regular, little portions leads to weight loss. One risk associated with the 3-Hour Diet is the potential for abuse due to the frequent feeding schedule, particularly if you already struggle with overeating. You may really gain weight if you eat frequently and don't limit your portion sizes. In a similar vein, this diet is not intended to assist you in breaking a food addiction, such as one to sugar.



Is it for you?

The structured eating plan of The Three – Hour Diet will attract people who like to snack and are into fitness. Those with a medical condition for which amounts of food, frequency of eating, or taking time – controlled medications are key considerations should consult a physician first. It's wise that Cruise focuses on managing the psychological components of weight growth and reduction. Abdominal fat might grow as a result of stress eating. Effective stress management is essential to long-term weight loss. The 3-Hour Diet effectively addresses certain eating behaviors that result in an excess of body fat.

Lifestyle Changes

Alongside regular exercise, the plan encourages visualization techniques. Strategies for “loser zones” (time wasters), “targets” (reasons for weight loss), “hungry hurt” (emotional eating), “support pillars” (positive past accomplishments), “People Solutions” (support network), and a “positive (self) name tag”.

Sample Menu

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Oatmeal milk, with dried berries	Wheat flakes cereal, sliced almonds, milk	Egg-white omlette with cheese	Low-fat granola cereal, banana, milk	Egg muffin, orange juice	Grilled cheese sandwich, apple, pineapple juice	Egg omlette bagel, figs, berry juice
Lunch	Plain bun, side salad, a glass orange juice	Steamed carrots, side salad, orange	Broiled chicken breast, vegetable soup, roll	Cheese burger, side salad, low-fat dressing	Chicken, cucumber slices	Pizza, broccoli and sprout salad	Cheese, greens salad
Supper	Broiled chicken breast, baked potato	Grilled tuna, stewed tomatoe-s	Soy burger, mushroom rice pilaf, green salad	Broiled fish, collard greens, cornbread	Bean soup	Sweet potatoes with green vegetables	Turkey, carrots, green salad

Snack 1	A glass of sherbet	yogurt	Cookie pack	One glass sherbet	cheese	Apple sauce	Small brownie
Snack 2	Half cup gelatin	Cookie pack	Baked tortilla chips	Yogurt	Food cake, green tea	Mini rice cakes, low- sugar jelly	Almond-s green tea
Snack 3	Lettuce salad, raisins, no-calorie dressing	One rice cake, fat-free cream cheese	Almonds, green tea	Apple	Cashews, raisins	Low-fat and low-sugar chocolate bar	Cheddar chips

*Each meal should be about 400 calories and snacks about 100 calories.

*Free Foods may include: Any food less than 20 calories per serving (pickles, lime juice, green onions, lettuce, radishes, cucumber, zucchini).

Resources

1. www.jorgecruise.com
2. www.everydiet.org/3-hour-diet.htm
3. Cruise, J. *The 3-Hour Diet* (2006, HarperCollins)