

New Fast Start program curbs cravings and boosts weight loss

CSIRO Total Wellbeing Diet has launched a new diet plan that will help Australians start healthy weight loss in 2023 by tackling one of the biggest obstacles to successful dieting: cravings.

Previous research revealed people who experience cravings have more weight to lose and lost less weight than other dieters. An analysis of **330 Australians** reported:



reported a constant struggle to resist cravings



of respondents said it would be easier to lose weight without cravings



of reported more than 25 attempts to actively manage their weight

CSIRO conducted a follow-up study to explore alternative ways they could better curb their cravings

Participants completed three weeks of partial meal replacements, before transitioning to the CSIRO Total Wellbeing Diet. Findings showed:



On average, participants that completed the study **lost 4.1kg** in the first three weeks and achieved a clinically-significant weight loss of **5.9 kg after six weeks**.



Confidence in one's ability to manage their weight by resisting overeating **increased by 19%**.



80% of people reporting feeling better at controlling their cravings by week 3.

Following the findings, the CSIRO Total Wellbeing Diet has launched its

Fast Start Program

which includes meal replacement shakes (taken two times a day for three weeks), before transitioning to the high protein, low GI diet.



Deb has lost **18.9 kg** in 12 weeks following the new Fast Start program.

“The meal replacement shakes really curbed my cravings during the often challenging first three weeks of a program. The shakes were easy and convenient, and filled me up, so it was easy to say no to office morning teas and end of week takeaways.”



totalwellbeingdiet.com

Citation: Brooker, Hendrie, Brindal (2023). Understanding how meal replacements could be used within an established weight loss program to manage cravings and boost early weight loss. CSIRO, Australia.