

How To Find Banting Balance

For Simple Excess Weight Reduction (Not Type 2 Diabetes)

A Banting Balance Evidence-Based Framework (A B C)
Monthly Weight Loss: 1.5kg - 2.5kg (3 lb - 5 lb)
Yearly Weight Loss: 18kg - 30kg (36 lb - 60 lb)

Until You Reach Your

B Waistline Health Goal: Height divided by 2 (Harvard Health Doctor Recommendation)
Example 1 (Centimetres): Height 170cm = Waistline 85cm or less
Example 2 (Inches): Height 72 inches (6ft) = Waistline 36 inches or less

C The Banting.com Dietary System
The 4 Meals A Day Diet, with an optional 5th night snack.

Breakfast (M1) > (3 - 5 hours) > **Lunch (M2)** > (2 - 4 hours) > **Afternoon Tea (M3)** > (2 - 4 hours) > **Dinner (M4)**
William's night snack was a nightcap, I simply call it late night liquid or 5th night snack.

The First Five Banting.com Dietary Guidelines

1. Protein Range: 1-2g per kg of body weight per day (0.45g - 0.9g per lb of body weight per day)
Dietician Rule: 20-30g of protein in each meal should have you land inside your daily protein range.

Protein is found in nearly all food, both animal and plant proteins, lean meats, chicken, fish, legumes, e.g. chickpeas, lentils, beans etc, dairy, vegetables, fruits and grains, William's daily weight loss diet included a piece of bread with 2 of his 4 meals, as toast. Today we have the benefit of protein powders too, they're a great way to substitute high sugar flavoured milk for a great tasting, low cost, low sugar alternative.

2. Fibre Targets: Females 25g per day / Males 30g per day (Australian Government Recommendation)

"Vegetables and ripe or stewed fruit I have found ample aperients". William Banting (December, 1863)
Aperient means laxative... e.g. Aperients are a gentle way to stimulate bowel movements. The minimum 48g of wholegrains I include in my daily diet, (U.S. Government Recommendation) 1 wholegrain wrap, 2 tablespoons of brown rice and 30g of oats total just over 7g of fibre. (I ate 2 wraps and 6 tablespoons of rice daily when I first found Banting Balance) Fruit, veggies, legumes and nuts easily hits my 30g of fibre each day, water and fibre work together.

3. Saturated Fat Totals: Females 20g per day / Males 30g per day (UK Government Guideline)

William's diet was a low fat diet, low in saturated fat, his saturated fat intake was less than today's guidelines above, fat was cut off his meat, he ate lean meat only. The fat on meat started being included in weight loss diets in 1882 by Professor Wilhelm Ebstein, this was 20 years after William started his dietary system in 1862. 1882 was also 4 years after William Banting passed away, at the age of 81, from bronchitis, not heart disease related.

4. Added Sugar Totals: Females 24g per day (6 teaspoons) / Males 36g per day (9 teaspoons) AHA Recommendation

Extremely Important Note: William's diet contained 0g (0 teaspoons) of added sugar per day, he did "repeated experiments" on himself in the years following his weight loss and wrote in his 1869 fourth edition preface that just 20g (5 teaspoons) of sugar added to his normal daily diet over 7 days would increase his weight by 1 pound, (0.45kg) so 2 weeks would result in an excess weight increase of just under 1kg, that's how easy it can be to add fat weight.

5. Drinking Water Targets: 2 litres a day (Common Health Expert Recommendation) – Activity Variations

William's liquid intake with his meals was either water or alcohol, 2 of his 4 meals (breakfast and afternoon tea) included a cup of tea, and his other 2 meals, (lunch and dinner) included red wine, around 400ml a day, drinking alcohol was thought about a lot differently in the 1800's, Universities had their athletes drinking alcohol with their lunch and dinner meals too, the majority of my drinks today are water based, I also drink alcohol, just not a lot.

Follow **@bantingpodcast** on Instagram to see and learn my Banting.com meals, drinks and meal prep strategy.

Marc Edward Jarman, Certified Food Coach (William Banting is my 4 Greats Grandfather)

Version 1c: September, 2021