

CSIRO Total Wellbeing Diet

- Support behavioural change towards food and exercise
- Focusing on high protein, low-fat eating plans designed to promote weight loss and improve overall health.
- Risks include: excessive consumption of foods that are linked to cancer



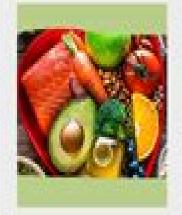
Noom Behavioural Modification Strategy

- An app-based strategies to support behavioural change towards food and exercise
- A psychological approach to weight loss that utilises technology to help individuals change their eating habits and lifestyle choices
- Risks include: obsessiveness of calorie intake / counting that may lead to unhealthy relationship with food



Plant-based Diet

- Promotes the consumption of fiber to help regulate the digestive system, promote feelings of fullness, reduce calorie intake, and stabilise blood sugar levels
- Risks include: over-reliant on processed plant-based foods, which can be high in added sugars, salt, and unhealthy fats



Dietary Approaches to Stop Hypertension (DASH) Diet

- Emphasises the intake of fruits, vegetables, whole grains, and lean proteins, while limiting foods containing high amounts of saturated fat
- Risks include: insufficient intake of fat-soluble vitamins if not balanced with other sources of fats



Weight Watchers

- An app-based program that trains users about calorie intake by assigning point system to foods and beverages
- Encourages the adoption of a healthy lifestyle for long-term weight loss and maintenance
- Risks include: Disordered eating patterns & mental health considerations

Booktok Trending Weight Loss Plan Latest

Nahid Uddin

Booktok Trending Weight Loss Plan Latest:

The Social Media Diet Jim Wasserman, Jiab Wasserman, 2023-12-06 In this book we describe the online world that youth begin to encounter often without adult oversight It is a critical time where they are first getting to know both the outside world and form their own identity We explain the social forces and sways that influence kids attitudes and choices from peers in social apps to influencers We show how the online world suggests answers that may or may not be right for individuals Each chapter we supplies lessons that teachers parents counselors and others can use to make youth aware of these online The Book of Azrael Amber V. Nicole, 2023-12-14 NOW WITH AN EXCLUSIVE BONUS CHAPTER Amber's series sways breaks the rules in the best way Her main character is strong capable and unapologetically powerful There is no damsel here This story is filled with fast paced action an in depth world and a romance that goes from simmer to boil If you like romantasy read this RAVEN KENNEDY Don t miss this addictive BookTok sensation a perfectly steamy high stakes TRUE enemies to WHERE THERE ARE GODS THERE ARE ALSO MONSTERS For a lovers dark epic romantasy thousand years the Etherworld has known peace Until now Many centuries ago desperate to save her dying sister Dianna made a deal with Kaden a monster far worse than any nightmare Locked in servitude to him she is forced to hunt down an ancient relic held by her most dangerous enemies an army led by Samkiel the World Ender After the Gods War Samkiel hid from everything denying his crown and deserting his people Now an attack on those he loves sends him back to the realm he never wished to return to and into the sights of an enemy he had hoped to forget With every world at stake Dianna and Samkiel are forced to set aside their animosity and work together before all is lost Don t miss the next books in the series THE THRONE OF BROKEN GODS and THE DAWN OF THE CURSED QUEEN and look out for Book 4 coming soon A wicked ride from beginning to heart shattering end Leaving me literally screaming for more I couldn t turn the pages fast enough to get more our morally corrupt heroine who you can t help but root for along with the giggle inducing banter between her and the heroic god Samkiel HANNAH NICOLE MAERHER Once in a while I read a series that reminds me of just why I love enemies to lovers slow burn and morally grey characters so much Gods and Monsters is that series This is perfection Amber Nicole's Dianna is the FMC of my soul NISHA J TULI Readers can t get enough of Samkiel and Dianna I loved reading this book so much The world building is amazing Dianna is super badass and I love how she grew in the book Can t wait to read the next in the series So so so good Such a well written and addictive read Brings all the emotions and a great amount of twists and turns Highly recommend I am so glad BookTok showed me this book I jumped in based off of one single line and I regret NOTHING I especially love the fact that the characters are all very unique and feel very original Loved it so much cannot wait for book 2 And did I see that this will be a 5 book series HELL YES PLEASE An easy 5 read This is my favourite book of the year so far You need to read this I couldn't put it down I need to go now and download the second book Well what a read I am so glad that I picked this bad boy up My first 5 read for a really

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