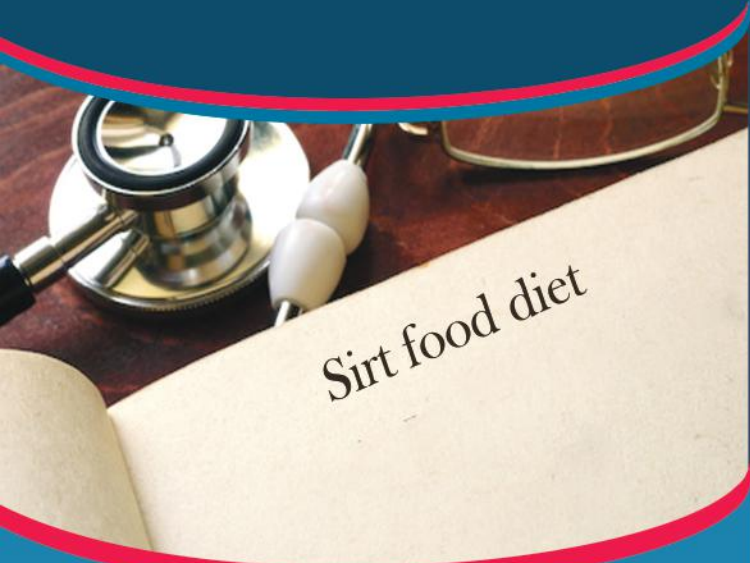




# Sirt food diet



► Because this diet is limited in calorie intake and food choices, it is primarily likely to be deficient in protein, vitamins, and minerals.

Due to calorie restriction and limited food choices, it may be difficult to follow this diet for three weeks.

## ► side effects ◀

Although the first stage of the Sirt Food diet is limited in terms of calories and nutritionally incomplete but considering that the duration of the diet is short, there is no need to worry about its side effects.

Keep in mind that all people may experience side effects such as hunger.

In the first phase of this diet, you may experience other side effects such as fatigue and irritability due to calorie restriction.



Getting 1000-1500 calories a day makes almost anyone feel hungry.

This diet is not recommended for people with diabetes because calorie restriction for the first few days of the diet can cause dangerous changes in blood sugar.



The sirt food diet is one of the most common diets these days, which is very popular in Europe and celebrities. Two well-known nutritionists at a private club in England developed the Sirt Food diet. They promoted this regime as a new and revolutionary way to activate the slimming gene.

This diet, based on research into sirtuins (SIRT), is a group of proteins in the body that regulate various functions, including metabolism, inflammation, and longevity. Some foods that can increase the level of these proteins in the body are known as sirt foods.

**The top 20 foods of the Sirt Food diet are** Cabbage, red wine, strawberries, onions, soy, parsley, olive oil, dark chocolate (85% cocoa), matcha green tea, buckwheat, turmeric, walnuts, arugula, red pepper, dates, red chicory, Blueberries, capers, and coffee.

Due to the long-term hunger in this diet and the restriction of calorie intake, sirtuins cause more fat burning to produce energy and prevent insulin resistance. The designers of this diet claim that following the Sirt Food diet leads to rapid weight loss



while maintaining muscle mass and protecting the body against chronic diseases,

and can also reduce inflammation, inhibit tumor growth and slow the progression of diseases. Heart and Alzheimer's are involved.

**► Is Sirt Food Diet Healthy and Stable? ◀**  
Sirt food contains antioxidant or anti-inflammatory properties that can affect health.

However, this diet has many disadvantages: Getting a limited number of healthy foods cannot fully meet the body's need for nutrients.  
**► This diet is too restricted in food intake and has no other advantages over other diets. choices, it may be difficult to follow this diet for three weeks.**