

## Erasmus+ A08 Germany (role cards for the debate)

### 1) A doctor

I think diet products aren't good for people because they contain chemical substances and these are not good for our body.

For example: a diet powder shake which replaces a meal:

In a well-balanced meal contains vitamins and minerals whereas a powder smoothie or shake does not.

It's healthier to do sport and eat healthy products, vegetables and fruits because the vitamins in them are fresh and without any additives.

Also an important point is to be consequent: no chocolate, no sweets!

So if you want to lose weight, but don't know how, don't buy a diet product, please talk to your doctor first.

### 2) Person who tried diet products, but they hadn't worked.

I read in a Book that a diet product has sometimes more calories than normal products. So that in many fat-free or low-fat products the fat is replaced with sugar, flour or other full-food-energy ingredients and the reduction in food energy is very small.

It cannot work, if you see the facts. That's why I hadn't slim.

### 3) Person who tried diet products and they had worked.

Hello, my name is Lara. I haven't always been so thin. Diet products have helped me to lose weight. At first I wasn't sure, if diet products would have a positive effect. At school my classmates bullied me because of my body. I couldn't continue like this. I have tried two diets before, but I didn't go on to have an effect. In between meals I was often hungry. But the shakes I tried later were more filling. I think these products include all important vitamins and mineral nutrients. But I'm not sure. Anyway the diet shakes have helped me, I have lost weight and now I'm happy with my body.

### 4) Diet product seller (company chief)

One argument in favor of diet products is that they are handy and can be flexibly integrated into your daily routine. If you want to lose weight with a formula diet, you actually have to provide for nothing else: you simply buy ready-made products and can prepare a tasty, satisfying and healthy meal within seconds. This also works simply and fast during your office hours. Nothing has to be bought nor cooked.

The essential advantages of formula diets are:

- They provide all the vital nutrients and vitamins you need.
- Malnutrition and the switching of the body into the so-called hunger metabolism are avoided.
- One meal contains between 200 and 300 calories, or, 400 calories at most.

- The meals fill well and stop hunger for about four hours
- Meals are quickly prepared within a few seconds
- No cooking is needed and counting calories is superfluous
- Today there are innumerable products on the market. Therefore the diet will be varied
- Formula diets can be lax or strict according to your personal needs
- You can substitute only one or all meals of the day by a diet product
- Losing weight is immensely fast particularly when following the strict variation

Of course diet products may have a few disadvantages. Critics point out for example, that if you return to your former eating habits after ending your diet, you may regain weight very quickly. It's up to you if you start eating high calorie food you will soon get back to where you started from. In other point is that diets offer not enough variety. To some extent this is right. Of course nobody feels like drinking diet shakes for weeks. And indeed nobody has to because nowadays there are numerous tasty and delicious products on the market.

**Result:**

Most disadvantages can well be dealt with so that nothing stands in the way of successfully using weight.

5) Athlete (see next page)

### An athlete

In my opinion diet products are not good way to lose weight. A better alternative is a long-term dietary change combined with doing sports.

Of course you have fast results with diet products and this is very motivating in the beginning, but you will not lose weight in the long term.

One reason for this is the so-called yo-yo effect. It means you will directly gain weight again, when you return to your normal diet again. Many people gain more weight after diet than they have lost during it.

A long-term result is also prevented by the lacking learning effect. Because you lose your weight by eating diet products you always have an excuse not to change your eating habits. You will not learn how to eat healthily way and not gain weight because of your eating habits. That is why most people put on their weight: they return to their former eating habits.

Another disadvantage of diet products is that you eat too little carbohydrates and too much protein. Eating too much protein is detrimental for example of the kidney.

A better way to lose weight is a long-term change.

Usually it is the harder way as you do not see result as fast you do when eating diet products. But in the long-term it is the more effective way because you will not return to your old eating habits again. Your will durable lose your weight.

Another advantage of a dietary change is that you are allowed to eat varied food. If you permanently use diet products you will always eat the same. But eating always the same makes you depressed and you may be unmotivated to continue your diet.

Doing sport can additionally help you to lose weight. Of course just doing sports isn't enough, you have to change your eating habits too, but doing sports has many advantages.

If you do sports you will not only lose weight and become slimmer. You will also get more muscles and you will be good-looking. Getting muscles is impossible by just eating diet products.

Your body will also get more powerful by doing sports. This is also impossible by just eating diet products.

Another important advantage of doing sports is having fun. You will not have fun with diet products but if you do sports you will enjoy your diet.

To sum, I would like to say that a dietary change and doing sports are a better possibility to lose weight than using diet products because you will be success in the long term, you can eat varied food, you will have fun and be more happy, it is healthier than diet products and you will look good.