Your Name

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DQ2Q

The HCG diet has proven beneficial for losing weight. It claims to cause weight loss up to 1-2 pounds each day (“What Is the HCG Diet, and Does It Work?”). However, some studies also claim it to be risky and prohibited. The article focuses on giving a possible conclusion to whether a diet helps in losing weight.

A hormone that exists in the elevated levels in the early stages of pregnancy is known as human chorionic gonadotropin. It mainly indicates the occurrence of pregnancy by producing large amounts of hormones estrogen and progesterone. It was first recognized as a tool for weight loss in 1954. The diet is shown to constitute two main mechanisms: 1) An extremely low diet consisting of 5000 calories each day 2) The intramuscular administration of HCG. Several studies have indicated that weight loss occurs due to increased metabolism which helps to remove excess fat without starvation (“What Is the HCG Diet, and Does It Work?”). Others have shown that weight loss occurs as a result of consuming fewer calories. Higher levels of hormones progesterone and estrogen contribute towards the higher metabolism which in turn makes the body lose fat. However, there is no evidence behind either claim because the diet may contribute towards the loss of muscle as well. The loss of muscle tissue mainly results in the ability of the body to reduce the calorie burn. Besides that, the diet is known to cause various side effects such as headaches and depression.

The nutritional requirement of individual changes during the life cycle (*Nutritional Requirements throughout the Life Cycle | Nutrition Guide for Clinicians*). According to the changing metabolism, different age groups require different types and quantities of nutrients. Since infants are in the early stages of their growth, they require foods high in energy such as proteins and fatty acids present in breast milk. Toddlers and young children are required to consume foods with proteins, fats and essential minerals. These can be obtained via an adequate amount of fruits and vegetable juices. Along with the necessary nutrients, young adult females require a diet high in Vitamin C, K, B1, B2, B3, chlorine, magnesium, zinc, chromium and manganese. However, for males, a large quantity of iron in the diet is required. This can be accomplished by consuming adequate quantities of fruits, vegetables, cereals and dietary fibers. Middle-aged adults have greater requirements for Vitamin B6 and vitamin D. Since elders have fully grown they require a diet that does not contribute towards energy development and is higher in amounts of vitamin D (*Nutritional Requirements throughout the Life Cycle | Nutrition Guide for Clinicians*).

**Works Cited:**

*Nutritional Requirements throughout the Life Cycle | Nutrition Guide for Clinicians*. https://nutritionguide.pcrm.org/nutritionguide/view/Nutrition\_Guide\_for\_Clinicians/1342043/all/Nutritional\_Requirements\_throughout\_the\_Life\_Cycle. Accessed 13 Nov. 2019.

“What Is the HCG Diet, and Does It Work?” *Healthline*, https://www.healthline.com/nutrition/hcg-diet-101. Accessed 13 Nov. 2019.