

## PREVIEW\_ Sam Feltham - Interview (Breckenridge 2017) 1

**Sam Feltham:** So I started to think how can we demonstrate that a calorie is not a calorie. And the best way to do that is through weight gain experiments. And seemingly I don't have millions of pounds in order to run a trial. I decided to experiment on myself.

So I first went on a low-carb real food diet where I doubled the amount I usually eat to about 5800 cal. So two breakfasts and two dinners and two lunches everyday, sort of. Yeah, sort of. Each meal was essentially 1000 cal.

So I was eating six meals a day, but each one was just shy over 1000 cal to get up to that 5800 cal. And on that first one, over 21 days, I ended up in a 47,000 cal net surplus. So that's after the exercise that I was doing, after the fiber and after the protein effect as well. And according to the calorie formula, I should've put on 6.1 kg. But I only put on 1.3 kg.

**Dr. Andreas Eenfeldt:** I mean you did like daily updates and video—

Yeah, so I was doing a video diary every day along with posting all of my measurements on my blog. And yes we were starting to get a lot of debate going so I wanted to carry on these experiments. I waited three months for my body to kind of reset I suppose and this time I wanted to do the opposite. So I did low-fat high carb, but fake foods.