

Why Food and Dieting Feel So Confusing

And What to Do Next

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Think of nutrition as a language.

Most people were never taught how to read it.

Instead, they were given rules.

Plans.

Numbers.

Warnings.

Eat this.

Avoid that.

Track harder.

Lose weight.

When results don't last, the assumption is usually personal failure.

It isn't.

Like pain in the body, confusion around food is a signal—not a flaw.

It's telling you that something fundamental was never explained.

Nutrition doesn't fail because you're undisciplined.

It fails when understanding is missing.

This guide is about restoring that understanding.

Dieting Feels Confusing Because the Conversation Starts in the Wrong Place

Most nutrition advice begins with outcomes:

- weight loss
- calories burned
- scale changes
- before-and-after photos

But weight is not a mechanism. It's a result.

Trying to control an outcome without understanding the system that produces it leads to:

- frustration
- rebound cycles
- constant second-guessing
- loss of trust in your body

This is not a motivation issue.
It's a systems issue.

The MacroNutrient Diet was written to explain the system underneath every diet without ideology, extremes, or rigid rules.

Explore [The MacroNutrient Diet](#)

The Real Problem: Information Without Understanding

There has never been more nutrition information available.

And never more confusion.

Low-carb.

Low-fat.

Keto.

Paleo.

Plant-based.

Intermittent fasting.

Clean eating.

Tracking apps.

Influencers.

Contradictory headlines.

Most of these approaches look different on the surface.

Underneath, they all rely on the same few biological principles.

Those principles were simply never taught.

When people “succeed” on a diet, it’s usually because those fundamentals happened to line up, often by accident.

When they struggle, it’s not a lack of effort.

It’s a lack of explanation.

Learn more about [The MacroNutrient Diet](#).

All Diets Use the Same Foundation

Every diet that works temporarily or long-term affects the same variables:

- energy availability
- macronutrient balance
- appetite regulation
- metabolic signaling

Different diets emphasize different levers.
None bypass them.

Understanding these fundamentals removes the need for constant rules, tracking, and vigilance.

This is the foundation *The MacroNutrient Diet* teaches clearly, calmly, and without dogma.

What Most People Were Never Taught About Nutrition

Nutrition education rarely explains:

- what carbohydrates, fats, and proteins actually do
- how quantity affects physiology beyond calories
- why timing influences hunger, energy, and body composition
- how restriction alters hormones and behavior
- why willpower fails under biological pressure

Instead, people are told *what* to eat without understanding *why* eating works the way it does.

Without the “why,” compliance becomes the only strategy.

And compliance eventually breaks.

Understanding creates flexibility.

Flexibility is what lasts.

If you're curious to understand the system beneath all diets, the book is available when it feels right.

Explore [The MacroNutrient Diet](#)

Why a Weight-Loss-First Focus Makes Things Worse

An intense focus on weight loss often leads to:

- chronic under-fueling
- metabolic adaptation
- increased food obsession
- loss of trust in hunger signals
- cycles of control and rebound

Research consistently shows that aggressive restriction increases physiological stress and makes long-term maintenance harder—not easier.

When the body senses scarcity, it protects itself.

That protection is often mislabeled as “lack of discipline.”

This book reframes weight loss as a *byproduct* of understanding—not a battle to be fought.

Shift from fighting food to understanding it.

This Is Not a Motivation Problem

Most people struggling with food:

- care deeply
- try consistently
- follow instructions
- blame themselves when it doesn't work

That response is understandable, but misplaced.

Biology always wins against willpower.

Understanding removes the need for constant effort.

If you're someone who wants to understand food rather than follow another plan, this is explored in depth in *The MacroNutrient Diet*.

Learn more about [The MacroNutrient Diet](#)

The Missing Skill: Nutrition Literacy

Nutrition literacy means understanding:

- how macronutrients function
- how food quantity signals safety or scarcity
- how timing affects metabolism and recovery
- how consistency stabilizes appetite and energy
- how flexibility prevents rebound

This is not about perfection.

It's about clarity.

When the system makes sense, food choices become calmer, steadier, and easier to sustain.

Build nutrition literacy with [The MacroNutrient Diet](#).

What Changes When the Fundamentals Are Clear

When people understand how nutrition actually works:

- confusion decreases
- food rules loosen
- decisions feel simpler
- weight regulation becomes more predictable
- trust replaces vigilance

Weight loss, when appropriate, becomes a natural outcome not a constant struggle.

What This Guide Is Pointing Toward

This is not a meal plan.

It's not a challenge.

It's not a rule set.

It's an invitation to stop chasing tactics
and start understanding the system all diets rely on.

That understanding is what lasts.

[The Macronutrient Diet](#) clarifies nutrition without confusion.

If This Resonates, That's Not Accidental

Most people who find this work have already tried:

- diets that promised simplicity
- plans that required constant control
- rules that didn't hold under real life

The missing piece usually isn't effort.

It's understanding.

The MacroNutrient Diet was written to provide that clarity once, thoroughly, and without extremes. Remove the confusion at its source.

Final Thought

Confusion around food is not accidental.

It's the predictable result of skipping fundamentals and selling outcomes.

Understanding changes everything.

If this reframes why dieting has felt frustrating, the book expands on this system in a grounded, practical way.

[Explore The MacroNutrient Diet](#)

References & Scientific Context

The following peer-reviewed research supports the concepts outlined in this guide:

Hall, K. D., et al. (2016).

Energy balance and its components: implications for body weight regulation. *The American Journal of Clinical Nutrition*.

Summary: Weight regulation is governed by metabolic adaptation and energy availability, not simple calorie math.

Levine, J. A., et al. (2019).

Metabolic responses to caloric restriction and overfeeding. *Obesity Reviews*.

Summary: Chronic restriction triggers compensatory biological responses that increase hunger and reduce energy expenditure.

Ludwig, D. S., & Ebbeling, C. B. (2018).

The carbohydrate–insulin model of obesity. *JAMA Internal Medicine*.

Summary: Macronutrient composition influences hormonal signaling, appetite, and fat storage beyond calorie quantity alone.

References & Scientific Context

Polivy, J., & Herman, C. P. (2020).

Dieting and binge eating: A causal analysis. *The American Psychologist*.

Summary: Rigid dietary restraint increases the risk of overeating and rebound behaviors.

Mattson, M. P., et al. (2017).

Impact of intermittent fasting on health and disease processes. *The New England Journal of Medicine*.

Summary: Timing affects metabolic signaling, but benefits depend on overall sufficiency and consistency.