

The Cold Water Diet Plan

You can lose weight by drinking lots of cold water. How? Read on...

If you drink cold water it will soon warm up to body temperature (about 37°C). This takes energy. And this energy has to be provided by your body.

Therefore, you ought to be able to keep your weight down even if you eat fattening food provided you also drink lots of cold water. Easy, isn't it? How come no one told you before?

Ok, let's see if you eat one packet of Lay's Classic Salted flavour, how much cold water would you need to drink to nullify the weight gain:

Mass of potato chips in one Rs. 20 packet = _____ grams

Calories in 14 g of Classic Salted Lay's potato chips = 78 kcal = _____ calories
= _____ J

Energy available in one packet of Lay's, Q1 = _____ J

So, this is the energy that has to be used up in warming the cold water that you drink to 37°C.

Let the mass of the cold water, m = x grams = _____ kg

Specific heat capacity of water, c = _____ J kg⁻¹ K⁻¹

Initial temperature of cold water, T₁ = 0°C (really chilled)

Final temperature of cold water, T₂ = 37°C

Change in temperature for cold water, ΔT = _____ K

So, heat energy absorbed by cold water, Q2 = m c ΔT
= _____ J

Heat given by Lay's = Heat absorbed by cold water [for no weight gain]

Q1 = Q2 [Finish your calculations below]

So, amount of cold water needed = _____ kg

= _____ litres