

stillman diet pdf

Stillman Diet PDF: Your Complete Guide to Rapid Fat Loss

Are you looking for a quick and effective way to shed those stubborn pounds? The Stillman Diet PDF has gained popularity among dieters seeking rapid weight loss without complex meal plans or calorie counting. This diet plan emphasizes high-protein, low-carb foods designed to promote fat burning while preserving muscle mass. If you're interested in understanding the principles, benefits, and practical tips for the Stillman Diet PDF, you've come to the right place. In this comprehensive guide, we'll explore everything you need to know about this diet, including its structure, potential benefits, risks, and how to implement it safely.

What Is the Stillman Diet?

The Stillman Diet is a high-protein, low-fat, and very low-carbohydrate diet developed in the 1960s by Dr. Irwin Stillman. It is often available in PDF format, making it easy for dieters to access and follow. The primary goal of the diet is rapid weight loss through a strict intake of lean proteins and minimal carbohydrates.

Key principles of the Stillman Diet include:

- Emphasis on lean meats such as chicken, turkey, fish, and lean cuts of beef.
- Strict restriction of carbohydrates like bread, pasta, rice, and sugars.
- Limited intake of fats, focusing on minimal added fats.
- High protein consumption to preserve muscle mass.
- Low-calorie intake to promote fat burning.

The diet is typically structured in phases, with the initial phase focusing on rapid weight loss, followed by gradual reintroduction of other food groups to stabilize weight.

Understanding the Structure of the Stillman Diet PDF

The Stillman Diet PDF provides a detailed plan that guides users through the various phases of the diet, including meal suggestions, portion sizes, and duration. Here's an overview of its typical structure:

1. The Initial Phase (Days 1-3)

- Focus on pure protein intake.
- Allowed foods: lean meats, fish, poultry, and egg whites.
- No carbs, fats, or vegetables.
- Goal: jump-start weight loss rapidly.

2. The Transition Phase (Days 4-7)

- Still high in protein but gradually introduce small amounts of vegetables, primarily leafy greens.
- Maintain low carbohydrate intake.
- Monitor weight loss progress.
- Goal: continue fat loss while preventing nutrient deficiencies.

3. Maintenance and Reintroduction

- Slowly add other food groups back into the diet.
- Focus on balanced meals.
- Establish sustainable eating habits.

The PDF typically includes:

- Sample meal plans.
- Shopping lists.
- Tips for overcoming cravings.
- Advice on staying hydrated and exercising.

Benefits of the Stillman Diet PDF

Many individuals consider the Stillman Diet PDF due to its straightforward approach and potential benefits:

Rapid Weight Loss

- The high-protein, low-carb nature encourages quick fat burning.
- Suitable for those preparing for events or needing quick results.

Simple Meal Planning

- Clear guidelines reduce confusion.
- No complicated calorie counting or food combinations.

Muscle Preservation

- High protein intake helps maintain lean muscle mass during weight loss.

Reduced Hunger

- Protein-rich diets tend to promote satiety, reducing the urge to snack.

Cost-Effective

- Focus on affordable lean meats and vegetables.
- Minimal need for supplements or special foods.

Potential Risks and Considerations

While the Stillman Diet PDF can be effective, it's important to be aware of potential risks:

Nutrient Deficiencies

- Lack of fruits, certain vegetables, and grains can lead to deficiencies.
- Supplementation or careful planning may be necessary.

Unsuitability for Certain Populations

- Pregnant or breastfeeding women should avoid restrictive diets.
- Individuals with kidney disease or other health conditions should consult healthcare providers.

Short-Term Use Recommended

- The diet is designed for rapid weight loss; prolonged adherence can be unsafe.
- Transition to a balanced diet is crucial after initial phases.

Possible Side Effects

- Constipation due to low fiber intake.
- Fatigue or dizziness if caloric intake is too low.
- Bad breath from ketosis.

How to Access and Use the Stillman Diet PDF

The Stillman Diet PDF can often be found online through various health and diet websites, forums, or purchased as part of diet programs. Here are some tips for using it effectively:

- Download from reputable sources to ensure accuracy and safety.
- Read thoroughly before starting to understand the rules and guidelines.
- Prepare your grocery list based on the meal plans provided.
- Stick to the plan during the initial phases for best results.
- Monitor your progress and adjust as needed under professional guidance.
- Follow up with a balanced diet after the initial rapid weight loss phase to maintain results.

Sample Meal Plan from the Stillman Diet PDF

Here's an example of a typical day's meals during the initial phase:

- Breakfast: Egg whites (cooked or boiled) with black coffee.
- Lunch: Grilled chicken breast with a side of steamed spinach.
- Dinner: Baked fish fillet with lemon and herbs.
- Snacks: None or a small portion of lean turkey slices.

Remember, the key is to stick to the permitted foods and avoid any high-calorie or carbohydrate-rich items.

Conclusion: Is the Stillman Diet PDF Right for You?

The Stillman Diet PDF offers a straightforward, no-nonsense approach to rapid weight loss through high-protein, low-carb eating. It can be particularly appealing for those needing quick results or wanting a simple plan to follow. However, due to its restrictive nature, it is essential to approach this diet with caution, ideally under medical supervision, especially if you have underlying health conditions.

Always remember that sustainable weight management involves balanced eating, regular physical activity, and healthy lifestyle choices. Use the Stillman Diet PDF as a short-term tool, and transition to a more balanced diet for long-term success.

Disclaimer: Before starting any new diet plan, consult with a healthcare professional to ensure it aligns with your health needs and goals.

Takeaway: The Stillman Diet PDF can be a useful resource for rapid weight loss, providing clear guidance and meal plans. Use it wisely, stay informed about its benefits and risks, and aim for a balanced approach to achieve your health and fitness goals.

Frequently Asked Questions

What is the Stillman Diet PDF and how does it work?

The Stillman Diet PDF provides a digital guide to the Stillman Diet, a low-carbohydrate, high-protein diet designed for quick weight loss. It emphasizes lean meats, eggs, and vegetables while minimizing carbs to promote fat burning.

Is the Stillman Diet PDF safe to follow long-term?

The Stillman Diet is generally intended for short-term weight loss. Long-term adherence may lead to nutritional deficiencies, so it's recommended to consult a healthcare professional before following it extensively.

Where can I find a legitimate Stillman Diet PDF download?

Legitimate Stillman Diet PDFs can often be found on official health websites, reputable diet blogs, or through authorized publishers. Be cautious of pirated copies that may contain inaccuracies or malware.

What are the main foods included in the Stillman Diet PDF?

The diet primarily includes lean meats (chicken, turkey, fish), eggs, and non-starchy vegetables like spinach, lettuce, and cucumbers, while avoiding carbs, sugars, and processed foods.

Does the Stillman Diet PDF include meal plans or recipes?

Yes, many PDFs include sample meal plans, recipes, and guidelines to help users follow the diet effectively and stay on track with their nutritional goals.

Are there any side effects mentioned in the Stillman Diet PDF?

Some PDFs mention potential side effects such as fatigue, constipation, bad breath, or nutrient deficiencies due to restrictive eating, emphasizing the importance of medical supervision.

Can the Stillman Diet PDF be used for rapid weight loss?

Yes, the Stillman Diet is designed for rapid weight loss in the short term, but it should be followed cautiously and ideally under medical supervision to prevent adverse health effects.

Is the Stillman Diet PDF suitable for vegetarians?

The traditional Stillman Diet focuses on meat and animal products, so it is not suitable for vegetarians. Some adapted versions may include plant-based proteins, but these are less common.

How can I access the latest version of the Stillman Diet PDF?

You can access the latest version through reputable health websites, diet forums, or official published resources. Always ensure you're downloading from a trustworthy source to avoid outdated or unsafe content.

Additional Resources

Stillman Diet PDF: An In-Depth Review and Guide

The Stillman Diet PDF has garnered significant attention among weight loss enthusiasts and health-conscious individuals seeking rapid, effective fat loss strategies. As a structured dietary plan, it promises quick results through a high-protein, low-carbohydrate approach. In this comprehensive review, we will explore every facet of the Stillman Diet PDF—from its origins and principles to practical implementation, benefits, risks, and tips for success.

Understanding the Stillman Diet

Origins and Background

The Stillman Diet was developed by Dr. Irwin Stillman in the 1960s as a means to help patients and individuals achieve rapid weight loss. It gained popularity due to its simplicity and the promise of quick results, making it a common choice for those preparing for events or seeking an accelerated weight loss solution.

The diet is characterized by a strict focus on lean proteins and a dramatic reduction of carbohydrate and fat intake, with the goal of inducing ketosis and promoting fat burning.

Core Principles of the Stillman Diet

- High Protein Intake: Emphasis on lean meats such as chicken, turkey, fish, and eggs.
- Low Carbohydrate Consumption: Nearly eliminating carbs from breads, grains, fruits, and starchy vegetables.
- Minimal Fat Intake: While not entirely fat-free, dietary fat is kept to a minimum.
- Calorie Restriction: Typically, daily calorie intake is limited to about 800-1000 calories.
- Short-Term Focus: Designed as a quick fix rather than a long-term lifestyle plan.

Details of the Stillman Diet PDF

What Does the PDF Include?

The Stillman Diet PDF typically provides:

- Diet Rules and Guidelines: Clear instructions on what foods to eat and avoid.
- Sample Meal Plans: Meal ideas for breakfast, lunch, dinner, and snacks.
- Duration and Phases: Recommendations on how long to follow the diet (commonly 1-2 weeks).
- Tips for Success: Strategies to adhere and minimize discomfort.
- Possible Variations: Adjustments for different calorie needs or preferences.
- Warnings and Precautions: Important health advisories and contraindications.

Most PDFs are designed to be straightforward, concise, and easy to follow, making them accessible even for beginners.

How to Use the PDF Effectively

- Preparation: Read through the entire PDF before starting.
- Meal Planning: Use sample plans to prepare shopping lists and meals.
- Tracking: Keep a food journal to monitor adherence and progress.
- Adjustments: Tailor portions based on individual needs while maintaining core principles.
- Duration Management: Stick to recommended time frames to avoid nutritional deficiencies.

Advantages of the Stillman Diet PDF

1. Simplicity and Clarity

The PDF's straightforward instructions eliminate confusion, making it easy for beginners to understand and follow.

2. Quick Results

Due to its calorie restriction and high protein content, many users report noticeable weight loss within the first week.

3. Focus on Lean Proteins

Encourages consumption of healthy, lean meats, which support muscle preservation and satiety.

4. Flexibility in Meal Planning

Sample plans allow for customization based on individual tastes and schedules.

5. Portable and Accessible

PDF format allows users to access the plan on smartphones, tablets, or computers anywhere.

Potential Drawbacks and Risks

1. Nutritional Deficiencies

The diet's restrictive nature limits intake of fruits, vegetables, and whole grains, risking deficiencies in fiber, vitamins, and minerals.

2. Sustainability Concerns

Extreme restriction can lead to feelings of deprivation, making long-term adherence difficult.

3. Possible Health Risks

- Elevated cholesterol levels
- Kidney stress due to high protein intake
- Loss of muscle mass if protein isn't balanced with adequate exercise

4. Not Suitable for Everyone

- Pregnant or breastfeeding women
- Individuals with kidney disease or liver issues
- Those with pre-existing health conditions

5. Risk of Yo-Yo Dieting

Rapid weight loss is often temporary, and weight may rebound once normal eating resumes.

Implementation Tips for the Stillman Diet PDF

1. Planning and Preparation

- Stock up on approved foods such as chicken breasts, fish, eggs, and leafy greens.
- Prepare meals in advance to avoid temptation and ensure adherence.

2. Hydration

- Drink plenty of water (at least 8-10 glasses daily).
- Herbal teas and black coffee are generally permitted.

3. Exercise

- Incorporate light to moderate physical activity to enhance fat loss.
- Be cautious of overexertion, especially during initial days.

4. Monitoring Progress

- Use a journal or app to track weight, food intake, and how you feel.
- Adjust portions or meal choices if experiencing fatigue or other side effects.

5. Post-Diet Transition

- Gradually reintroduce carbohydrates and fats.
- Focus on balanced, sustainable eating habits to maintain weight loss.

Comparing the Stillman Diet PDF with Other Diets

Aspect	Stillman Diet	Keto Diet	Atkins Diet	Mediterranean Diet
Focus	High protein, low carb	Very high fat, low carb	Low carb, moderate protein	Balanced, plant-based
Duration	Short-term (1-2 weeks)	Can be ongoing	Phased, long-term	Long-term, sustainable
Restrictions	Very strict	Strict	Moderate	Flexible
Nutritional Balance	Limited	Nutrient-dense if well planned	Can be balanced	Highly balanced

While the Stillman Diet is effective for rapid initial weight loss, it lacks the long-term sustainability offered by diets like the Mediterranean. Users should consider their goals and health status before choosing.

Expert Opinions and Scientific Insights

- Effectiveness: Studies indicate that high-protein, low-carb diets can lead to rapid weight loss, primarily through water loss initially.
- Sustainability: Long-term adherence is challenging due to the restrictive nature.
- Health Considerations: Medical professionals warn against prolonged use because of potential kidney strain and nutrient deficiencies.
- Psychological Impact: The diet can induce cravings and feelings of deprivation, leading to bingeing or yo-yo dieting.

Conclusion and Final Thoughts

The Stillman Diet PDF serves as a practical, straightforward guide for those seeking rapid weight loss through a high-protein, low-carbohydrate approach. Its simplicity and quick results appeal to many; however, it's crucial to acknowledge its limitations and potential health risks.

For optimal outcomes:

- Use the PDF as a short-term plan, not a long-term lifestyle.
- Consult healthcare professionals before starting, especially if you have underlying health conditions.
- Prioritize nutritional balance and gradual lifestyle changes post-diet.

Ultimately, the Stillman Diet PDF is a valuable tool within a broader context of healthy weight management strategies. Combining it with proper medical guidance, hydration, and post-diet planning can help you achieve your weight loss goals safely and effectively.

Disclaimer: This review is for informational purposes only and does not substitute professional medical advice. Always consult with a healthcare provider before beginning any new diet or weight loss program.

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stillman diet pdf: [Fighting Fat](#) Wendy Mitchinson, 2018-10-11 While the statistics for obesity have been alarming in the twenty-first century, concern about fatness has a history. In *Fighting Fat*, Wendy Mitchinson discusses the history of obesity and fatness from 1920 to 1980 in Canada. Through the context of body, medicine, weight measurement, food studies, fat studies, and the identity of those who were fat, Mitchinson examines the attitudes and practices of medical

practitioners, nutritionists, educators, and those who see themselves as fat. *Fighting Fat* analyzes a number of sources to expose our culture's obsession with body image. Mitchinson looks at medical journals, both their articles and the advertisements for drugs for obesity, as well as magazine articles and advertisements, including popular before and after weight loss stories. Promotional advertisements reveal how the media encourages negative attitudes towards body fat. The book also includes over 30 interviews with Canadians who defined themselves as fat, highlighting the emotional toll caused by the stigmatizing of fatness.

stillman diet pdf: Handbook of Nutrition and Food Carolyn D. Berdanier, Johanna T. Dwyer, Elaine B. Feldman, 2007-08-24 Significantly revised and updated, this second edition of the bestselling *Handbook of Nutrition and Food* welcomes contributions from several new authors, including Elaine B. Feldman and Johanna Dwyer, notable leaders in nutritional science. Retaining the high level of scientific research, accessible language, and attention to detail of the original

stillman diet pdf: Culinary Nutrition Jacqueline B. Marcus, 2013-04-15 *Culinary Nutrition: The Science and Practice of Healthy Cooking* is the first textbook specifically written to bridge the relationship between food science, nutrition and culinology as well as consumer choices for diet, health and enjoyment. The book uses a comprehensive format with real-life applications, recipes and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial and taste-desirable products. With pedagogical elements to enhance and reinforce learning opportunities, this book explores what foods involve the optimum nutritional value for dietary needs, including specific dietary requirements and how foods are produced. It also considers alternative production methods, along with the impact of preparation on both the nutritional value of a food and its consumer acceptability. Other discussions focus on the basics of proteins, carbohydrates, and lipids, issues of diet and disease such as weight management, and food production and preparation. Laboratory-type, in-class activities are presented using limited materials and applications of complex concepts in real-life situations. This book will be a valuable resource for undergraduate students in culinary nutrition, nutrition science, food science and nutrition, and culinary arts courses. It will also appeal to professional chefs and food scientists as well as research chefs in product development. - Gourmand World Cookbook Awards 2014: USA, Best Author or Chef for Professionals, Gourmand International - Global Food Industry Awards 2014: Special Mention in Communicating Science-Related Knowledge to Consumers Aimed at Improving their Lifestyle, International Union of Food Science and Technology (IUFoST) - Explores the connections among the technical sciences of nutrition, food science and the culinary arts as well as consumer choices for diet, health and enjoyment - Presents laboratory-type, in-class activities using limited materials and real-life applications of complex concepts - Includes photographs and recipes to enhance learning experience

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stillman diet pdf: Food and Nutrition Systems in Urban India Neetu Choudhary, 2023-12-18

This book explores identity-mediated dynamics of food and nutrition entitlement in urban India analysing concerns around equity, access to food and public health. The issues of disentanglement and identity dynamics when it comes to nutrition and health are more intricate in the urban context, due to a greater population and cultural diversity. While in the global north, urban food planning is increasingly dependent on local government, in developing countries urban nutrition is yet to be considered a serious policy issue. This book, with a disaggregated analysis for urban India and an in-depth case study of Mumbai, examines how malnutrition in India is becoming an urban challenge. It discusses how far caste, religion and migratory identities serve as a source of deprivation and analyses the role of local governance, particularly municipal governance and urban planning, in facilitating the disentanglement. It also offers suggestions for the global south to reverse the stark inequality in its urban centres and address nutrition challenges by developing their own sustainable and resilient food systems. This book is an essential read for scholars and researchers of public health, nutrition, urban sociology, urban planning, development studies, political sociology, public policy and political studies.

stillman diet pdf: Complete Guide to Stillman Diet Alex Paul M D, 2020-09-05 Stillman Diet into a simple to understand and easy to follow weight loss and healthy eating plan that anyone can use to lose additional body weight and improve their overall health and wellness. Inside her weight loss guide, Emma will teach you about the following aspects of the Stillman Diet: What the Stillman Diet is. Major Health Benefits of Following the Stillman Diet. What Foods Should be Eaten when Following the Stillman Diet. What Foods Should be Avoided or Minimized on the Stillman Diet. A Simple & Nutritious 7-Day Stillman Diet Meal Plan. How Exercise can Increase Weight Loss with the Stillman Diet. Lifestyle Benefits of Losing Weight on the Stillman Diet.

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stillman diet pdf: The Hunter-gatherer Within Kerry G. Brock, George Minor Diggs, 2013 We want to examine what the scientific evidence suggests is really going on when we eat food, and how we can eat and live in a way that best gives us the health benefits of a hunter-gatherer lifestyle while living in and enjoying the advantages of the modern world. We also hope to use the evidence to explore how we can increase our chances of avoiding chronic diseases, obesity, and other health problems -- the Diseases of Civilization.--P. 7.

stillman diet pdf: *The Stillman Diet Guide* Callum Jones, 2021-05-13 Stillman and Samm Sinclair Baker composed the book *The Doctor's Quick Weight Loss Diet* that initially promoted the Stillman Diet in 1967. The creature based high-protein diet incorporates lean meat, veal, chicken, turkey, fish, eggs and non-fat curds. Flavors, tabasco sauce, spices, salt, and pepper are likewise permitted. Toppings, spread, dressings and any sort of fat or oil are not allowed. Tea, espresso, and non-caloric soda pops can be devoured, however just notwithstanding the 8 day by day glasses of water required. It's additionally suggested that health food nuts eat 6 little dinners each day rather than 3 enormous ones. The eating regimen is a carb limitation diet, like the Atkins Diet (Atkins Diet energize fat utilization), despite the fact that Stillman distributed his eating routine book 5 years before Atkins. This Book is nitty gritty as respects the Stilman Diet and an absolute necessity get copy for all,

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stillman diet pdf: Stillman Diet Elizabeth Jane, 2021-01-28 Are you looking for the perfect low-carb diet to lose those unwanted pounds? Then, the Stillman diet is something you should definitely try out. Want to know how it can help you? Read on!The Stillman diet is a high-protein, low-carbohydrate eating plan that promises rapid weight loss in people who follow its rules precisely. Ideally the diet takes place over two phases. In Phase 1, people restrict their food intake to a narrow list of approved foods and beverages, mostly lean meats, eggs, and low-fat cheeses. Once a person gets down to his or her desired weight, he or she can slowly start adding things like vegetables, fruit, and bread in Phase 2. This diet has been praised and criticized in equal turns. It tends to be very effective in the short term, but whether it should or even can be used for regular weight maintenance is the subject of much debate. This low-carb diet doesn't require you to follow rigorous workouts. You will be having 6 meals and 8 glasses of water per day. The foods you will eat will help you shed fat and build lean muscle mass. So, you can lose a lot of pounds in just a few weeks and maintain your weight as well. But, make sure you strictly follow the Stillman diet plan to prevent weight gain. Without further ado, let's find out how this diet works, what you should eat, whether there are side effects, and much more.

stillman diet pdf: Understanding Kidney Diseases Hugh C. Rayner, Mark E. Thomas, David V. Milford, 2020-06-05 This book combines the reference material of a nephrology textbook with the everyday relevance of a clinical handbook. This second edition develops and expands upon the success of the first. All the content has been updated and entirely new chapters on acid-base disorders and stone disease have been added. Understanding Kidney Diseases includes over 60 real-life case studies and is illustrated with over 200 figures. Readers can test their knowledge with a bank of multiple-choice questions and put it into practice by answering questions that patients frequently ask. The book provides all that students, residents and fellows need in order to approach a patient with a kidney problem with confidence.

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recommendations for the assessment of inadequate or inappropriate dietary patterns. These assessments should accurately identify dietary risk of individuals and thus eligibility for participation in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). The Committee on Dietary Risk Assessment in the WIC Program was appointed for the 2-year study and directed to develop an interim report which was to include (1) a framework for assessing inadequate diet or inappropriate dietary patterns, (2) a summary of a workshop on methods to assess dietary risk, and (3) the results of literature searches conducted to date. This interim report includes these three components. Building on the approach used in the 1996 IOM report, WIC Nutrition Risk Criteria, the framework proposed by the committee identifies characteristics of dietary assessment tools that can identify dietary patterns or behaviors for which there is scientific evidence of increased nutrition or health risk in either the short or long-term. The proposed framework consists of eight characteristics that a food intake and/or behavior-based tool should have when used to determine eligibility to participate in WIC programs. This interim report also includes authored summaries of the presentations at the workshop, along with the results of literature searches conducted in the initial phase of the study.

stillman diet pdf: Food and Power Nir Avieli, 2018 Drawing on ethnography conducted in Israel since the late 1990s, *Food and Power* considers how power is produced, reproduced, negotiated, and subverted in the contemporary Israeli culinary sphere. Nir Avieli explores issues such as the definition of Israeli cuisine, the ownership of hummus, the privatization of communal Kibbutz dining rooms, and food at a military prison for Palestinian detainees to show how cooking and eating create ambivalence concerning questions of strength and weakness and how power and victimization are mixed into a sense of self-justification that maintains internal cohesion among Israeli Jews.

stillman diet pdf: Looking After Children In Primary Care Ruth Chambers, Kirsty License, 2018-12-14 Highly Commended in the 2005 BMA Medical Book Competition The Children's National Service Framework sets standards for children's and young people's services, outlining what support should be available to children and their parents in managing and preventing a wide range of conditions and problems. This book is a companion to the Children's (NSF), enabling those that work within the NHS, social care and education to put the NSF into practice in primary care. Contributions throughout from key professionals who were involved in the evolution of the framework help by providing guidance and expertise from the knowledge and background material gained throughout its development. The authors expand on the vision, themes and goals published within the NSF and make recommendations for the ways that best practice can be implemented, particularly for children's healthcare throughout the UK and anywhere in the Western world. General practitioners, child health specialists, community nurses and anyone with an interest in or responsibility for the care of children in primary care and the interface with social care and education, will find this book invaluable reading.

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