Gelatin Recipe and Evidence Checker

This sheet helps you prepare one label serving and check a viral claim. It is not a weight-loss prescription.

Four-step recipe

1. Bloom	2. Add hot liquid	3. Stir smooth	4. Cool
One label serving over 2 tbsp cool water.	Add 3/4–1 cup hot water or plain tea.	Stir until no dry powder or clumps remain.	Drink warm or chill to a soft gel.

Five label checks

[ ] Serving size [ ] Servings per container [ ] Animal source [ ] Added items [ ] Allergen statement

What the evidence says

Study	Tested	Useful finding	Limit
24 adults	Custard breakfast	Some gelatin breakfasts cut lunch intake	Not the home drink
23 adults	36-hour set diets	More hunger control in one test	No energy-use boost
72 adults	Eight-week set diets	Gelatin diet did not beat controls	No better weight loss

Boundary: Do not use gelatin water as a meal. There is no proven pre-meal weight-loss dose.

7-Day Observation Log

Compare routines without skipping meals. Do not use one week of scale changes as proof.

Observation plan

Day	Routine
1	Usual meal; no gelatin
2	Meal with complete protein and produce
3	If suitable, one label serving before one meal
4	No gelatin; compare with Day 3
5	Optional chilled texture once
6	Use soup, fruit, or vegetables as a starter
7	Keep, change, or drop the routine

Meal observation log

Date	Routine	Hunger before	Comfort	Full meal?	Fullness after	Notes

Claim checker: [ ] Same recipe? [ ] Long enough? [ ] Fair test? [ ] Health and safety measured?

Source article: nutriquora.com/blog/gelatin-weight-loss-recipe-guide/