

Don't Waste Time With Fad Diets

Don't waste time with fad diets!



Check for excess – is your diet “too”...

- **TOO EASY:** no need to worry about calories or exercise regularly
- **TOO GOOD:** claims based on photos of “before” and “after” results that include testimonials
- **TOO EXPENSIVE:** expensive food, pills, drinks or seminars
- **TOO LOW:** in calories – a diet should not go below 1000 calories or eliminate food groups.

Weight loss is simply the equation between calories in versus calories out every day:

- Exercise increases the calories out.
- Portion control and wise choices control the calories in.

Source: Academy of Family Physicians, American Dietetic Association

- 3 Day Diet
- All You Can Eat Diet
- Atkins Diet
- Cabbage Soup Diet
- Chicken Soup Diet
- Chocolate Diet
- Grapefruit Diet
- Lazy Zone Diet
- Lemonade Diet
- One Meal Diet
- Scarsdale Diet
- Seafood Diet
- South Beach Diet

ts, Fun, an... **The Chocolate Diet**

FadDiet.com

Dispensing horrible advice since 1998!



The Chocolate Diet

The Chocolate Diet is an attractive Fad Diet because it includes everyone's favorite food. Besides Chocolate it also includes pasta and popcorn. This sounds like the tastiest diet ever. Some credit should be given to Lenny Neimark and author who wrote the book The Pasta, Popcorn, and Chocolate Diet although I am unsure if he invented it or just passed it along.

Here Is The Chocolate Diet Plan: Each day is the same, you have to use different lowfat pasta sauces and different varieties of fruits to make it less monotonous.

Breakfast:

- fresh fruit
- fruit salad
- shredded wheat with non-fat milk and strawberries

Be Fad Free!

- Like Rome, healthy habits aren't built in a day.
- Fad diets are about making drastic overnight changes.
- A fad free diet takes things one step at a time, until each has become a comfortable part of your routine.

Today We Will Learn

- How to spot a fad diet.
- A review of common fad diets and a discussion of why they don't work.
- The prescription for a healthy diet.
- Ways to lower calories without engaging in crazy, potential fads.



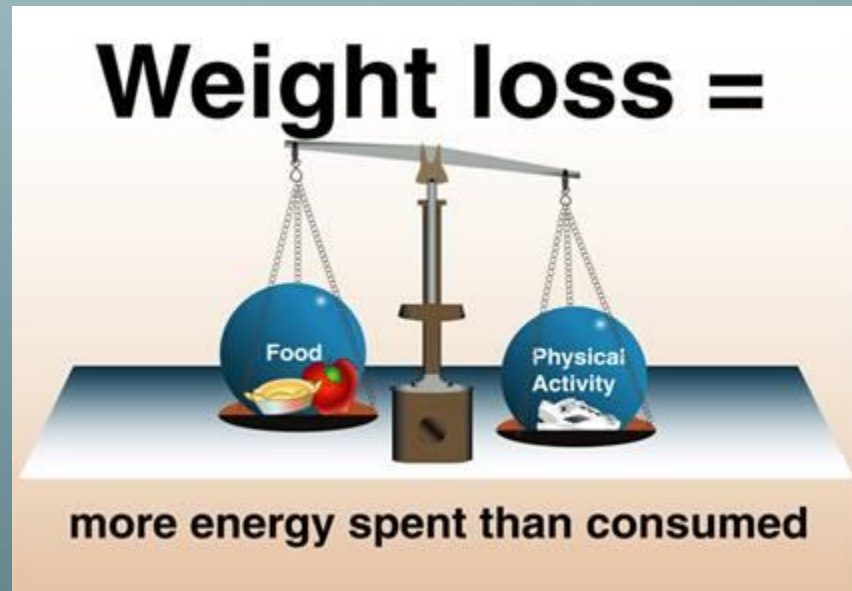
Red Flags of Weight Loss

- Weight loss of 2 pounds or more per week without diet or exercise.
- Substantial weight loss no matter what or how much you eat.
- Permanent weight loss.
- Blocking absorption of fat or calories.
- Substantial weight loss for all users.
- Substantial weight loss by rubbing something on your body.



TOO test

- TOO fast
- Promise of fast weight loss
- 2 or more pounds per week



TOO test

- This fad diet type promises that you won't have to worry about calories or exercise regularly.
- TOO easy!
- There is no shortcut to a healthy lifestyle.



TOO test

- Other fad diets use claims based on photos of “before” and “after” results.
- TOO good to be true!



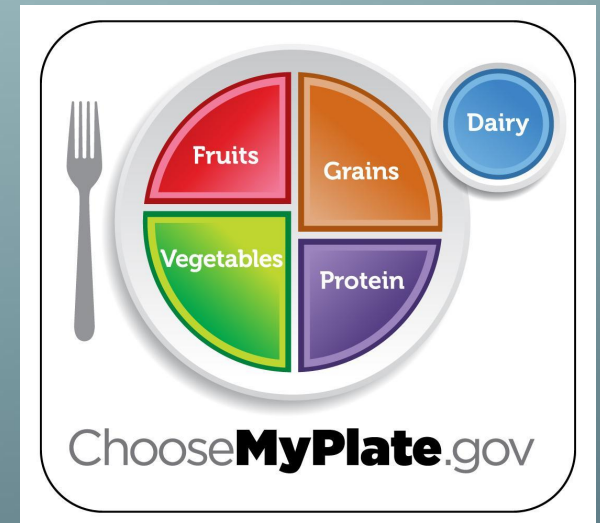
TOO test

- Another diet type insists on expensive food, pills, drinks, or seminars.
- TOO expensive!
- Good healthy food and exercise don't cost any more than what you are already spending



TOO test

- This fad diet type eliminates way too many calories per day, or it jettisons entire food groups/macronutrients.
- TOO low!



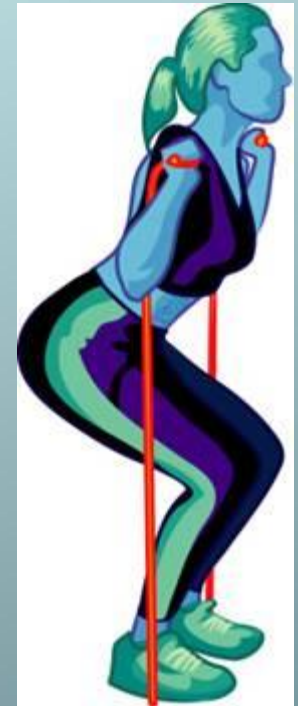
Simple equation

- Weight loss can be reduced to a simple equation that weighs daily calories in versus calories out.
 - Exercise increases the calories you burn.
 - Portion control and wise choices limit the calories you consume.



A Healthy, Effective Diet...

- Does not require fasting
- Focuses on fiber
- Encourages physical activity
- Promotes long term results
- Doesn't cause chronic hunger
- Won't eliminate groups of foods or have rules about combining foods



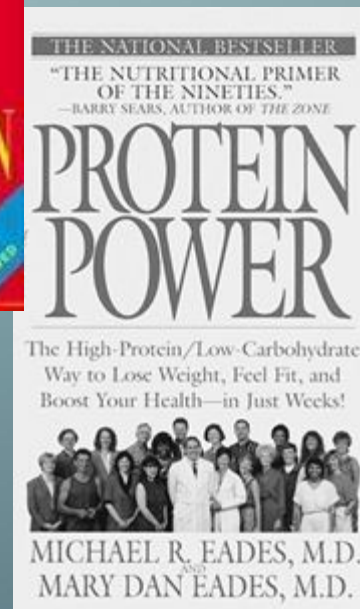
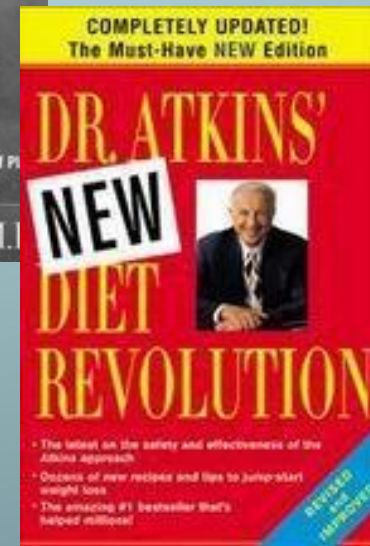
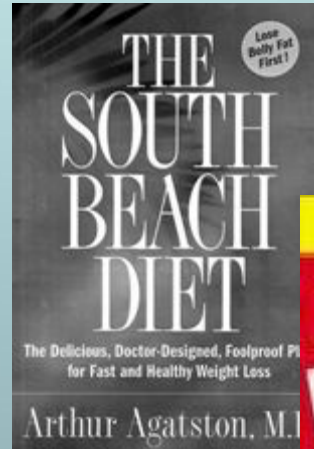
Types of Fad Diets

- Low Carbohydrate/High protein
 - Claims carbohydrates make you fat
 - Many carbs like fruits, vegetables, beans and whole grains are essential for feeling full on fewer calories
 - These are also low in fat



Some Low-Carb Diets

- Atkins Diet
- High Protein Diet
- Stillman Diet
- Doctor's Diet
- Ketosis
- Carb Addict Diet
- Zone Diet



Types of Fad Diets

- Glycemic Index Diets
- These use the glycemic index to identify “good” and “bad” foods.
- Their restrictions go too far, especially since carrots, bananas, pineapple, and watermelon are all called "no-no's."



Some Glycemic Diets

- Sugar Busters
- Low Glycemic Index Diet (Low GI)
- Low Glycemic Load Diet (Low GL)
- South Beach Diet



Glycemic Index of Foods

Low GI ~~55 or less~~ GI range

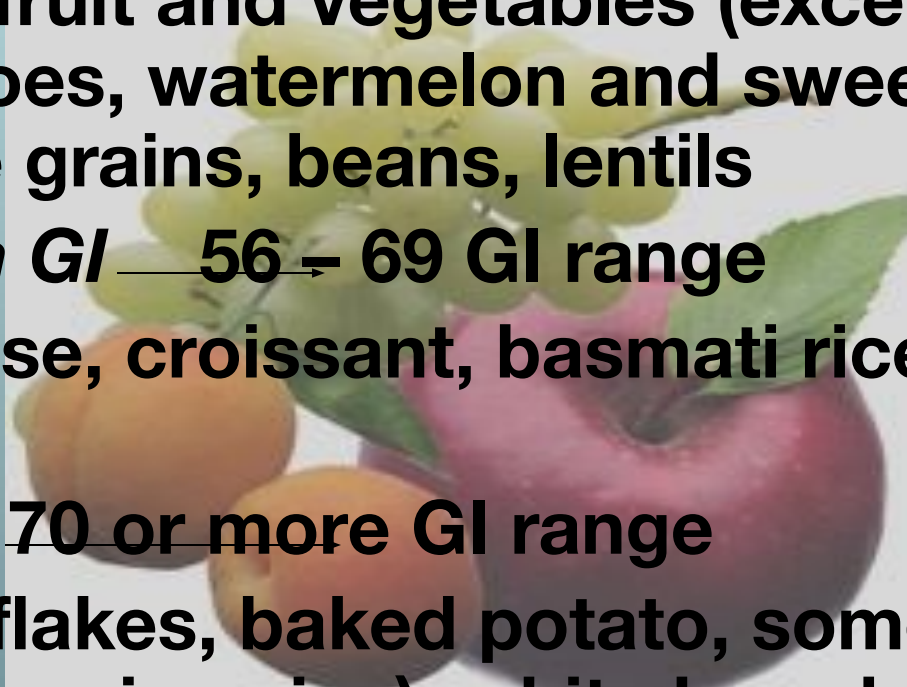
- Most fruit and vegetables (except potatoes, watermelon and sweet corn), whole grains, beans, lentils

Medium GI ~~56 – 69~~ GI range

- Sucrose, croissant, basmati rice, brown rice

High GI ~~70 or more~~ GI range

- Corn flakes, baked potato, some white rice (e.g. jasmine), white bread, pasta, candy bar



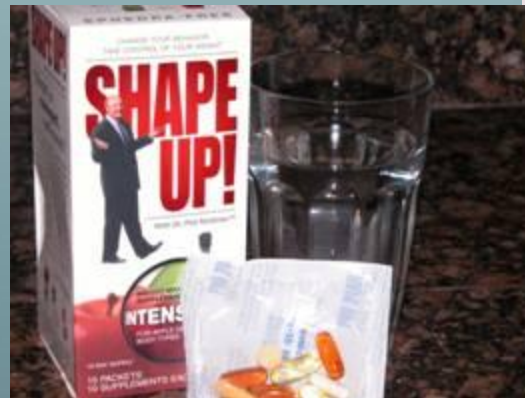
Types of Fad Diets

- **Severe Calorie Restriction**
- Restricts many foods or food groups
- Requires use of special foods, drinks, or supplements
- Doesn't teach about a healthy diet and lifestyle in order to sustain weight loss



Examples of Calorie Restriction

- Food combining
- Beverages
- Beverly Hills Diet
- Five Day Miracle Diet
- Cabbage Soup Diet
- Grapefruit Diet
- 3 Day Diet
- Scarsdale Diet



Crazy TV Diets

- HCG
- Sensa
- Master Cleanse
- Green Coffee Bean Extract
- Raspberry Ketones
- Gluten Free
- Wheat Bell
- Magic Weight Loss Tea

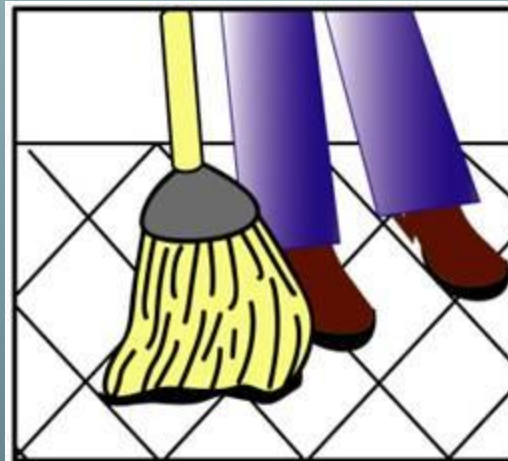
Some Harmful Side Effects of Fad Diets

- Heart disease
- High blood pressure
- Certain cancers
- Constipation
- Bone loss
- Fatigue
- Nutrient deficiencies



Prescription for Weight Loss

- RX#1 - Exercise most days of the week
 - Start with 30 minutes and work up
 - Break it up through the day
 - Side effects: Weight loss, increased muscle mass, denser bones, healthy heart



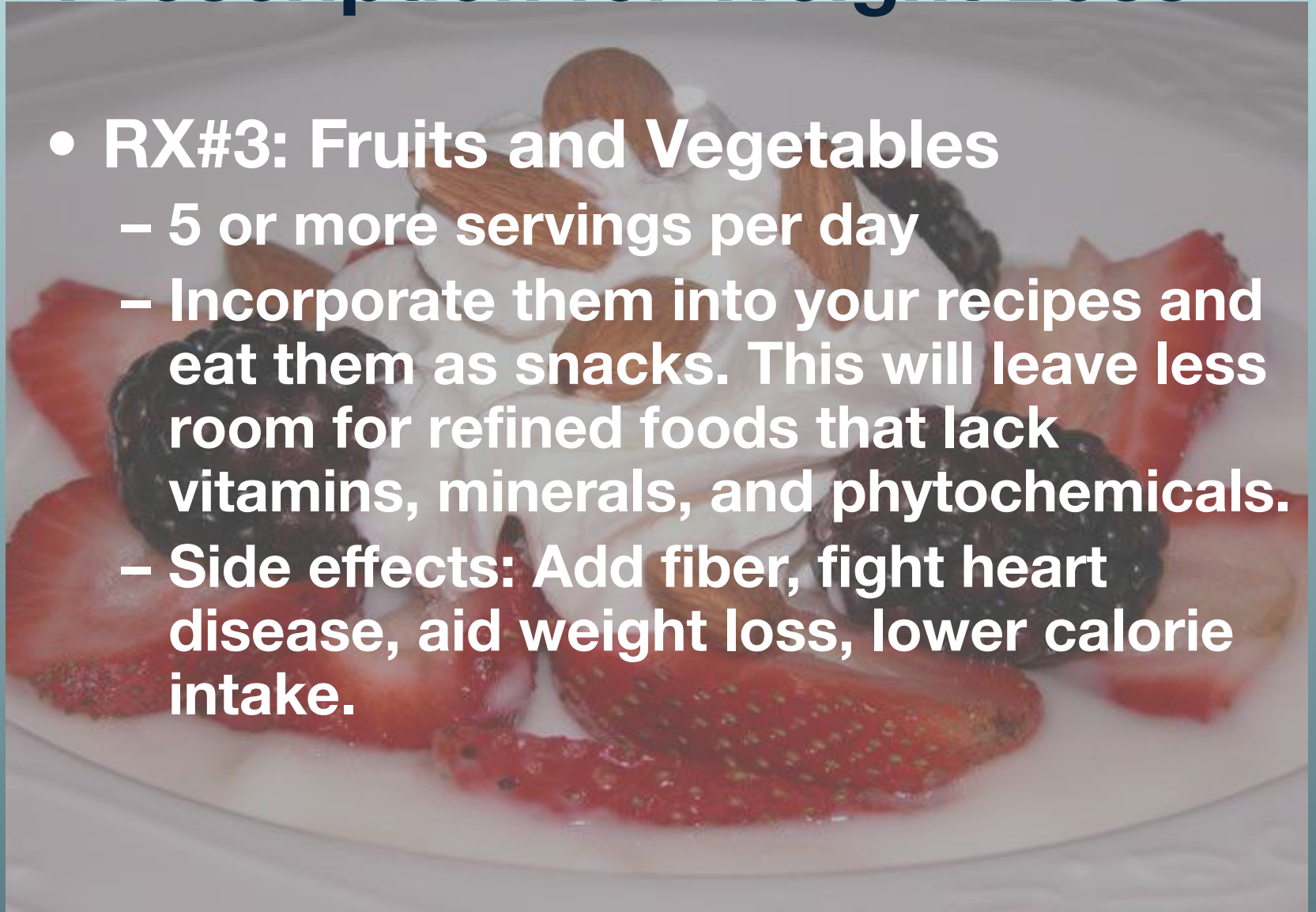
Prescription for Weight Loss

- RX#2: Eat at home
 - As often as possible
 - Start with a healthy breakfast, pack a good lunch, plan meals for dinner
 - Side effects: Low fat, low sodium, high fiber meals and snacks that taste good. Better portion control and more cost-efficiency too.



Prescription for Weight Loss

- **RX#3: Fruits and Vegetables**
 - 5 or more servings per day
 - Incorporate them into your recipes and eat them as snacks. This will leave less room for refined foods that lack vitamins, minerals, and phytochemicals.
 - Side effects: Add fiber, fight heart disease, aid weight loss, lower calorie intake.



Prescription for Weight Loss

- RX#4: Write it down
 - Daily
 - Keep track of the food you eat and the exercise you do each day.
 - Side effects: See exactly what is going in your body, how much energy you are expending and make adjustments as needed.



Prescription for Weight Loss

- RX#5: Water
 - MyPlate calls for consumers to drink water instead of sugary drinks like soda, punch, juice or sweetened beverages.
 - Increased energy; lower calories from beverages



Prescription for Weight Loss

- RX#6: Breakfast
 - Every day
 - Eat a low-fat, high fiber breakfast – best bet is whole grain cereal, fruit and fat-free milk or yogurt
 - Side effects: Eat less the rest of the day; increased energy and alertness.



Prescription for Weight Loss

- RX# 7: Persistence
 - Daily
 - Keep trying every day to exercise and eat a high-fiber, low-fat diet. Do it up.
 - Side effects: weight control and healthy habits for life



Lower Calories Without Hunger

- Limit foods with little water and fiber
 - Cookies, chips, baked goods, crackers
- Better choices have water and fiber
 - Fruit, brown rice, whole grain pasta, veggies, baked potatoes, salad



Lower Calories Without Hunger

- Limit intake of beverages that contain fat, sugar and alcohol
 - Coffee drinks
 - Soda, juice, punch, smoothies
 - Beer, wine, alcoholic beverages



Lower Calories Without Hunger

- Start lunch and dinner with a large, low-fat salad
- Vinegar is great option- helps reduce hunger



Lower Calories Without Hunger

- Limit the variety of dishes consumed at one meal.
- Avoid all-you-can-eat buffets for this reason!



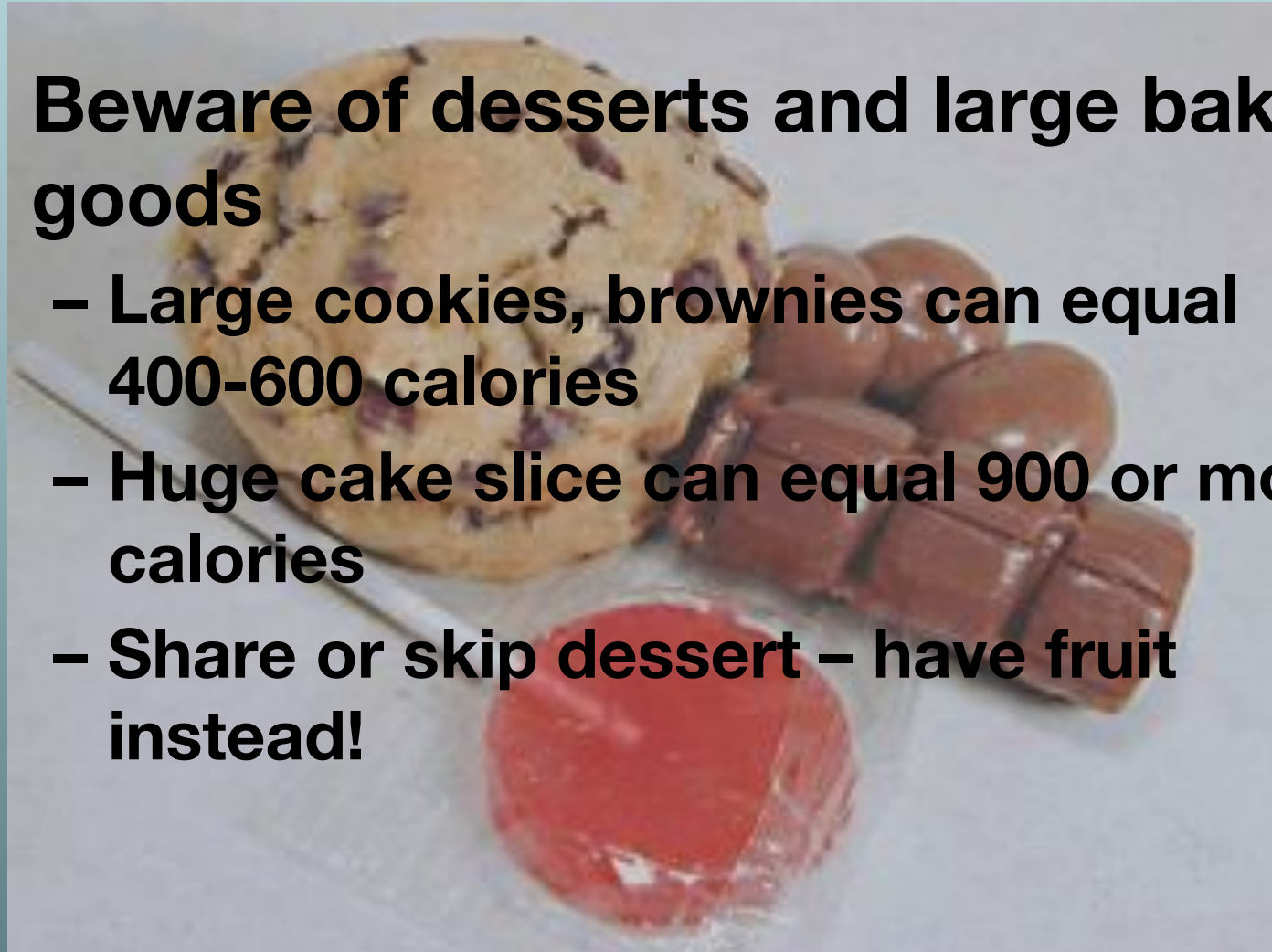
Lower Calories Without Hunger

- Eat only when you're actually hungry.



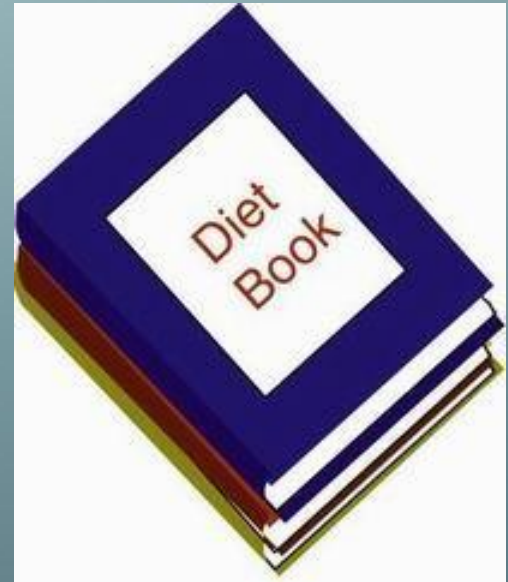
Lower Calories Without Hunger

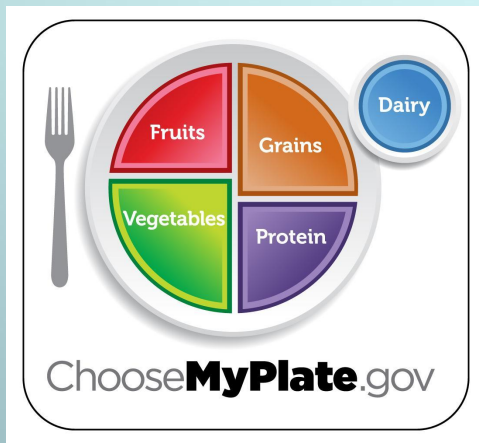
- **Beware of desserts and large baked goods**
 - Large cookies, brownies can equal 400-600 calories
 - Huge cake slice can equal 900 or more calories
 - Share or skip dessert – have fruit instead!



Review

- How to spot a fad diet
- Common fad diets and why they don't work
- Prescription for healthy effective diet
- Ways to lower calories





“Losing weight is as simple as it is difficult.”

- Faddiet.com

