

Presentation Notes – Fad Diets

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Fad Diets



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Fad Diets

A popular weight-loss method that is not based on sound nutrition principles



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Display any popular women’s magazine and more than likely there will be a “fad diet” in it. It seems that women are always on diets and this helps sell magazines, books, over the counter drugs, meals and drinks.

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Weight Loss Diet Plans

- Multi-billion dollar industry
- New diets plans are constantly being developed
- Popular for short time
- Often based on misinformation

A photograph showing a person's feet standing on a white and blue digital scale on a light-colored tiled floor. The person is wearing a light-colored skirt or dress.

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Fad diets do not help people develop healthful eating patterns.

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Yo-Yo Dieting

- May lead to weight loss for short while
- Create unhealthy habits
- Weight is regained



The illustration shows a woman with brown hair, wearing a yellow patterned top and a black skirt, standing at a red table. She is holding a green leafy vegetable. A thought bubble above her head shows a hamburger. The background is a green grid.

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Yo-yo dieting is called this because of the up and down weight gain.

It can increase frustration and decrease feelings of self-esteem.

May increase risk for high blood pressure, high cholesterol and gallbladder disease.

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Claims

Steer clear of any diet plans, pills and products that make the following claims:

- Rapid Weight Loss
- Quantities and Limitations
- Rigid Menus
- No Need to Exercise
- Specific Food Combinations

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Rapid Weight Loss

Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than ½ pound to 1 pound per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly afterwards.

Quantities and Limitations

Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus

Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

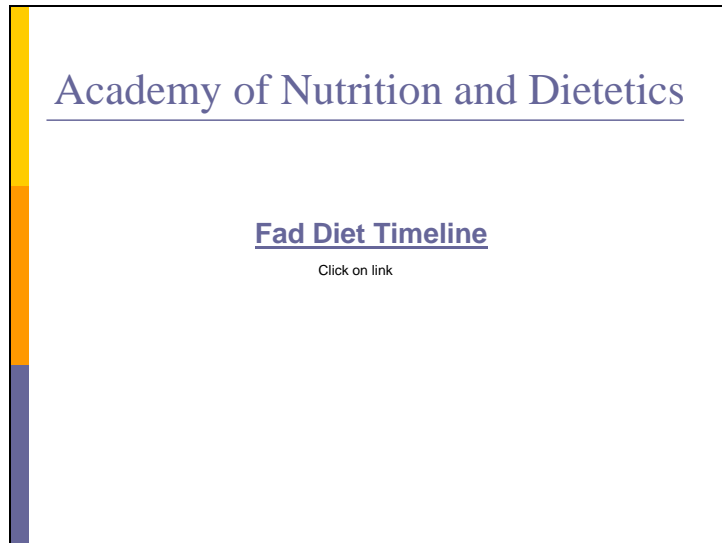
No Need to Exercise

Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then to aim for 30 to 60 minutes of activity on most days of the week.

If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. For a personalized plan, tailored to your lifestyle and food preferences, consult a registered dietitian with expertise in weight management. A registered dietitian can help you find a realistic, flexible eating style that helps you feel and be your best.

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If a diet or product sounds too good to be true, it probably is.

Click on hyperlink [Fad Diet Timeline](http://www.eatright.org/nnm/games/timeline/index.html) from the Academy of Nutrition and Dietetics
<http://www.eatright.org/nnm/games/timeline/index.html>

Review each Fad Diet with your students and discuss the effects some of them may have had.

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References and Resources

Images:

- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

- Duyff, R. L. (2010). *Food, nutrition & wellness*. Columbus, OH: Glencoe/McGraw-Hill.
- Kowtaluk, H. (2010) *Food for today*. Columbus, OH: Glencoe/McGraw-Hill.
- Weixel, S., & Wempen, F. (2010). *Food & nutrition and you*. Upper Saddle River, NJ: Pearson/Prentice Hall.

Website:

- Academy of Nutrition an Dietetics
The worlds largest organization of food and nutrition professionals
www.eatright.org

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