

You Are What You Eat

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FAD DIETS: THE GOOD, THE BAD, AND THE UGLY

A fad diet is essentially a way of eating that promotes weight loss or health benefits without true evidence to back it up. The diets can go from very restrictive to eating too much of one nutrient.

One rule of thumb when looking at diets in general is that no food or pill is going to magically remove fat from your body. There is no such thing as a super food that will melt off your fat like an ice cream cone on a summer day.

So, you see a new diet posted on social media. How are you, as a consumer, supposed to know if it is safe and effective? There are a few claims and key words to look out for when reading about a diet. If you see any of the following, it is probably in your best interest to avoid the diet altogether.

No Need to Exercise

Diet and exercise are in a happy and committed relationship. They work together and create a balance between them to be successful. This balance will help to maintain a healthy weight, as well as help lose fat and build some muscle. Aiming for 30 to 60 minutes of activity will help to kick start this process, but only if you are also feeding your body the nutrients it needs.

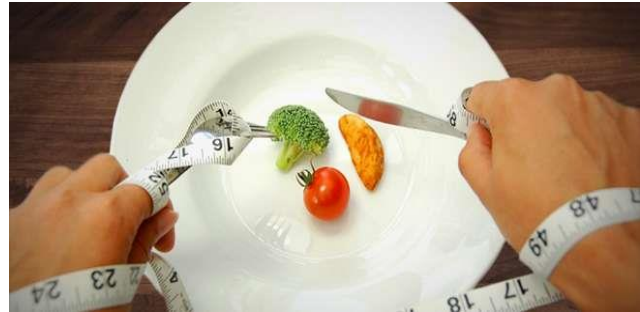


Image Source: Farmtofit.com

Fast Weight Loss

Fast weight loss equals fast weight gain. Dramatic and rapid weight loss will result in dramatic and rapid weight gain once the diet is over. Losing weight quickly also means the loss of nutrients, muscle, bone, and water. Healthy diet plans aim for about 1 to 2 pounds of weight loss per week.

Allowing only certain foods

Eating only a select few foods, or even select food groups, will restrict your body from getting other nutrients it needs. While the percentages vary based on the person,

we all need protein, carbohydrates, and fat. We need a variety of fruits and vegetables to receive the necessary vitamins and minerals. Limiting certain foods from your diet limits certain nutrients from your body.



Image Source: Dreamstime.com

“DETOX”

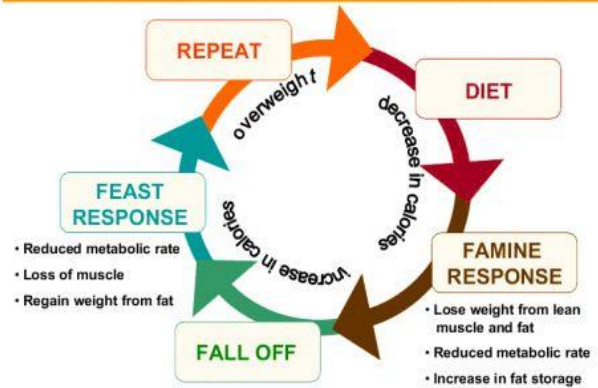
Any diet that recommends a flush or a cleanse of a body should be an immediate red flag. Our bodies have organs that already do this for us, such as our liver and kidneys. They help get rid of toxins and cleanse the body to maintain a healthy immune system. With that being said, no magical juice or powder is going to do what our body already can.



Image Source: Diapharma.com

Image Source: nutrietrich.com

THE VICIOUS DIET CYCLE



Fasting and/or Calorie Restriction

Fasting has been shown to actually be counterproductive when it comes to weight loss. Not allowing your body enough calories will signal the response of starvation. This will cause your metabolism to go off track and will ultimately cause the loss of fat, fluid and muscle. But the moment you go back to eating normally, the fat will come back full force. Also, let us not forget that food has calories and calories equal energy. With restricting your diet, you are restricting calories, and the result is little to no energy.

Table: Six Helpful Links for a Healthy Weight Loss

Web Site	Description	Link
Centers for Disease Control and Prevention: Healthy Weight	The CDC is dedicated to saving lives and gives insight and tips for overall health	https://www.cdc.gov/healthyweight/losing_weight/index.html
Healthline Evidence-based Weight Loss Tips	Article gives evidence-based tips to help kick start a healthy weight loss	https://www.healthline.com/nutrition/26-evidence-based-weight-loss-tips
Health Article for Simple Weight Loss Tricks	Diet and workout tips that will work to lose weight in a healthy manner	https://www.health.com/weight-loss/30-simple-diet-and-fitness-tips
Academy of Nutrition and Dietetics Website	Largest organization of food and nutrition professionals committed to improving the nation's health	https://www.eatrightpro.org
Women's Health Magazine	Trusted source of information for the latest health, fitness and weight loss trends	https://www.womenshealthmag.com
Everyday Health Website	Their mission is to deliver trusted health information to the public	https://www.everydayhealth.com