The Dangers of Fad Diets

KAYLEN KEEN, PHARMD
“25 Pounds in Only 2 Weeks!”

Scientists Discover Rare Weight-Loss “Wonder Herb”

- Clinically Proven Fast Weight Loss!
- Rapidly Melts Away Belly Fat!
- Get the Body You Deserve in 2009!
Lose Weight,
Have More Energy
& Be Happier
in 10 Days

Take charge of your health with the Master Cleanse

by Peter Glickman

THE SAFE, QUICK WEIGHT-LOSS DIET
EVERYONE'S TALKING ABOUT!

LOSE UP TO 10 POUNDS IN 7 DAYS

The New CABBAGE SOUP DIET

Revised and updated with an all-new maintenance plan to help you keep off the pounds once you shed them!

MARGARET DANBROT

Woman's World

Grapefruit really does MELT FAT!

PAIN RELIEF!

Brand-new Turbo Grapefruit Diet Starts it & lasts a week!

MAKE HAIR & NAILS GROW!

Party fun!
What is a “Fad Diet”?

- According to the CDC, a fad diet is any diet that promises **fast results** but uses only a **short-term** dietary change.

- These diets are potentially harmful.
  - Can be unhealthy
  - Limited nutritional intake
  - Often fail long-term
The Statistics

- In 2010, 54% of adults said that they were currently on a diet.
- The average American adult tries to implement a fad diet 4 times per year.
- Within two weeks, 25% of Americans will give up on their weight loss goals.
- 65% of people who successfully complete a fad diet will end up gaining all of their weight back.
- Only 8% of dieters will follow a restrictive weight loss plan like the Atkins Diet.
How to Spot a Fad Diet

- Ask these questions:
  - Does it promise quick weight loss?
  - Does it lack scientific evidence to support it?
  - Does it list “good” and "bad" foods?
  - Does it sound too good to be true?
- If the answer is YES, then it is likely a fad diet.
The Grapefruit Diet

- Grapefruit is thought to have an enzyme that helps burn fat
- Grapefruit or grapefruit juice is eaten before every meal
  - Combined with low sugar/carb and high protein diet
- Claims you can lose 10 pounds in 10 days

- Grapefruit can interact with many medications
- No studies have shown that grapefruit actually burns fat
- Likely that the grapefruit makes you feel full, so you will eat less during meals
- May result in weight loss, but is not sustainable long-term
- This diet is not recommended
The Master Cleanse

- Also known as the Lemonade Diet
- Juice cleanse that includes only a lemonade-type drink, salt water, and a laxative tea
- Claims you can lose several pounds in just 10 days
- Claims it will detox your body and leave you feeling healthier
- Side-effects include hunger, body aches, headaches, and fatigue
- Very restricted diet can lead to nutritional deficiencies
- Likely to lose muscle mass
- There is no need to “detox” your body
- This diet is not recommended
The Cabbage Soup Diet

- Cabbage soup is eaten for every meal
  - May add in other foods depending on the day.
- Claims to provide at least a 10 pound weight loss in 1 week.

- Severe calorie restriction
  - Leads to hunger and other side effects
  - Inability to exercise
- Potentially high in sodium
- Any weight loss is likely water weight
- This diet is not recommended
The Raw Food Diet

- Consists of raw fruits, vegetables, and grains
- Cooking food may destroy some of the nutrients
- Use blenders, food processors, and dehydrators to prepare food
- Uncooked food carries a higher risk for food poisoning
  - Not recommended for patients with a weaker immune system
- Food prep takes a lot of time
- Makes eating out difficult
- Cooking may enhance some nutrients like beta-carotene and lycopene
- Low in calories, high in fiber
The Atkins Diet

- Very famous low-carb diet
- Focuses on proteins and fats
- Excludes carbs and sugar

- Can help reduce calorie intake, which will lead to weight loss
- Unknown how higher amounts of fat and protein will affect health in the long run
  - Should focus on plant protein
- Carbs will eventually be introduced back into the diet
  - Must exercise and focus on portion control
The South Beach Diet

- Claims 8-13 pound weight loss in the first 2 weeks
- Phase 1: Strict form of the Atkins Diet
  - No fruit, fruit juices, starchy foods, dairy products, or alcohol
- Phase 2: Reintroduce healthy carbs
  - Fruit, whole grains, sweet potatoes
- Phase 3: No set restrictions
- Overall, this plan encourages healthy dietary changes
- Phase 1 may be too restrictive
- Exercise is encouraged
The Gluten-Free Diet

- Gluten is a protein found in wheat, rye, and barley.
- Gluten-free means cutting these grains out of the diet.
- Required for those with celiac disease.
  - Affects 1% of the population.
- Difficult to adhere to diet.
- Must read labels very carefully.
- Whole grains are an important part of a balanced diet.
- Gluten-free products are expensive.
- Gluten-free does not mean low-calorie or low-carb.
- Not effective for the sake of losing weight.
The Key to a Healthy Lifestyle

- Short-term changes will not produce healthy outcomes
- A healthy lifestyle should include healthy eating habits and regular physical activity
- To lose weight, create a calorie deficit
  - Burn more calories than you consume
  - Consume less calories than you burn
The Key to a Healthy Lifestyle

- Eat a variety of fruits and vegetables
- Eat fiber-rich whole grains
- Choose lean meats like poultry and fish
- Incorporate low-fat dairy products
- Limit trans fat and saturated fat
- Reduce added sugar in beverages
- Monitor sodium intake
Resources

- www.heart.org/healthyliving
- www.cdc.gov/healthyweight/
“Every time I go on a diet, I lose my mind. Unfortunately, it doesn’t weigh very much.”
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