



The Dangers of Fad Diets

KAYLEN KEEN, PHARMD

NEW! 50 GIFTS FOR HIM!

OK!

WEEKLY

JEN'S BEST BODY AT 41!
HOW SHE LOST 7 LBS IN 7 DAYS
 Jen's easy plan will work for you too!

BRAD & SHILOH'S PLAYDATE

KENDRA'S NEW FITNESS SECRETS

KIM VS. KOURTNEY: WEIGHT WAR!

INSIDE WILLIAM & KATE'S DREAM WEDDING

- Tasty & guilt-free recipes
- Fun dance & swim workouts
- Plus: Jen's anti-cellulite secrets

WWW.OKMAGAZINE.COM

SELF

Hilary Duff
 How She Changed Her Body

Shortcut to Your Best Body
 Hate Working Out? Firm Up in Just 34 Days!

Perfect Skin
 Clear, Smooth, Radiant

ONLY \$2.99

DECEMBER 30, 2008

Life

A year ago at 135 lbs.

MY DIET IS BETTER THAN LIPO!

After being accused of having secret procedures to lose weight, a defiant Christina silences the haters. How she really lost 35 lbs.

PLUS: STEAL HER GET-THIN-QUICK TRICKS!

IS KATE PREGNANT AGAIN?

THE SECRET TO MY HAPPY MARRIAGE!

KHLOE DIVORCE DETAILS HER NEW MAN REVEALED!

Most Memorable Style Moments of the Year!

YOUR FITTEST YEAR EVER STARTS HERE!

SHAPE

JENNY McARTHUR
 Sexy at 40!
 How This TV Star & Supermom Stays So Hot!

YOUR DREAM BODY In Just 2 Weeks!

Jillian Michaels' New Fat-Burning Workout Plan

39 Breakthrough Ways to Drop Pounds Fast!

GET SLIM WITHOUT DIETING
 Small Changes, Big Results!

NBC CNN abc

"25 Pounds in Only 2 Weeks!"

**Kathleen Hodges, Calif., Results Not Typical*

Scientists Discover Rare Weight-Loss "Wonder Herb"

- Clinically Proven Fast Weight Loss!**
- Rapidly Melts Away Belly Fat!**
- Get the Body You Deserve in 2009!** For Men & Women!

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As seen in The NY Times, Us Weekly, The NBC Today Show, and The London Times.

Lose Weight, Have More Energy & Be Happier in 10 Days

Take charge of your health with the Master Cleanse

by Peter Glickman

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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 A great week made easy! \$1.79

STOPS ANXIETY! Feel 51% calmer!

BEAT TIREDNESS!

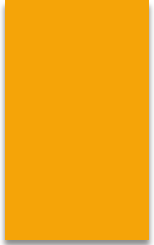
NEED CASH?

PROVEN! Grapefruit really does MELT FAT!

PAIN RELIEF!

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-card
- ▶ 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
- ▶ Chose 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



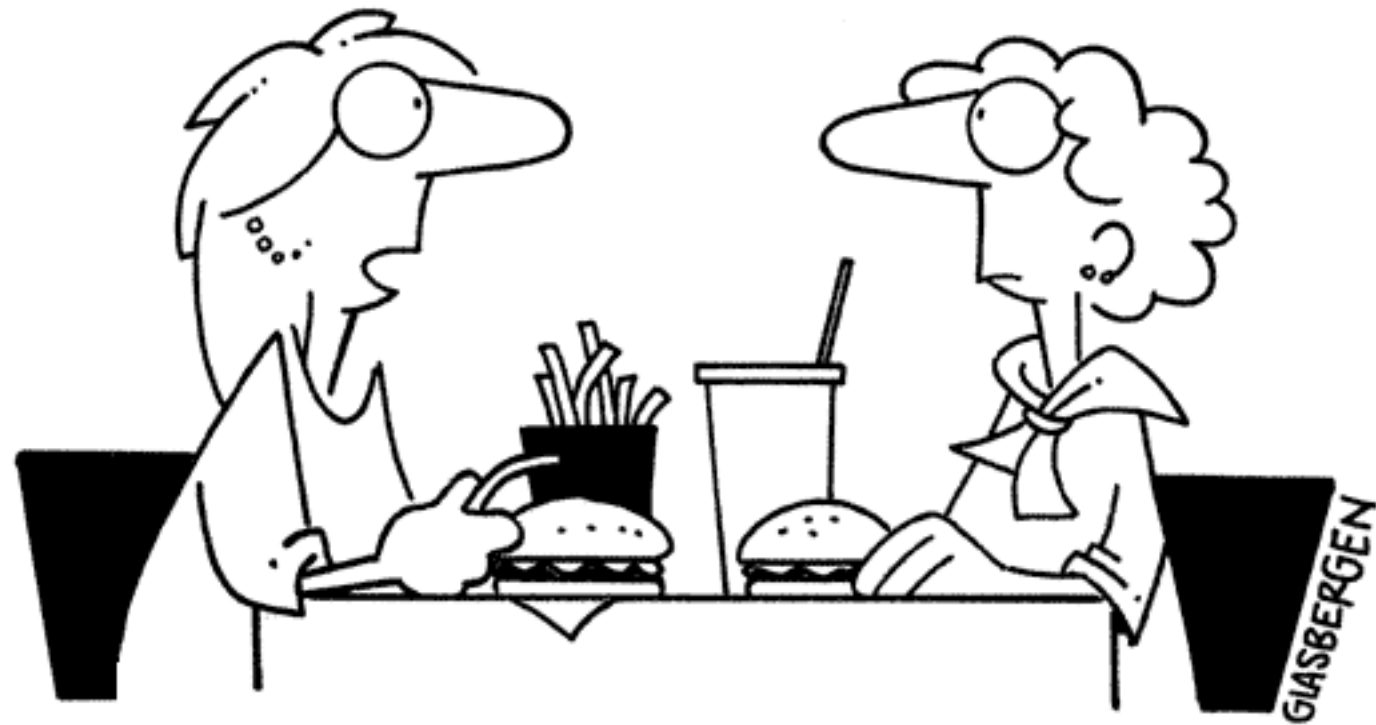
Resources

- ▶ www.heart.org/healthyliving
- ▶ www.cdc.gov/healthyweight/



**American Heart
Association**

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www.glasbergen.com



**“Every time I go on a diet, I lose my mind.
Unfortunately, it doesn’t weigh very much.”**



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