



BATHROOM BUSINESS



Volume 3 Issue 1

The 411 on Fad Diets

What is a fad diet?

A weight loss diet that becomes popular quickly and then may fall out of favor just as quickly.

Did you know?

Fad diets often...

- Promise of too much weight loss too soon
 - Rapid weight loss (> 1 to 2 pounds per week) is largely water and/or muscle loss
- Eliminates entire food groups (i.e. no fruit, no starchy foods)
- Claims foods can promote fat burning (i.e. cabbage soup)
- Claims that foods provide “negative calories” (i.e. take more calories to digest than are in food itself)
- Severely limit carbohydrate or fat
- Promise weight loss without effort –claim no physical activity needed

Fad diet: Fact or Fiction?

FICTION: Weight loss supplements are fast and effective.

FACT: No supplement can fix an ongoing pattern of poor food choices-while some immediate results may occur, lasting benefits are very rarely seen.

FACT: Only a varied and balanced eating pattern provides enough nutrient variety and other substances needed for optimal health.



News you can use:

How to have a fad-free life

Take it from the proven results found by the participants in the National Weight Control Registry:

- ***Eat breakfast regularly.***
Skipping has a negative effect on blood sugar levels and increases calorie intake the rest of the day.
- ***Monitor weight 2-3 x/week; keep a food/activity journal to track progress.***
Recognize why, where, and when you eat leads to positive changes.
- ***Exercise at least 1 hour/day on average.***
Improve your metabolism and gain lean muscle.
- ***Watch less than 10 hours of TV per week.***
Includes sedentary computer time.

Gimme More!

Check out these resources:

- Go to myPyramid.gov for your personalized food guide pyramid
- Find a variety of healthy eating tips at the American Dietetic Association site, eatright.org
- Use the New American Plate for portion control – 3 oz. lean protein, $\frac{3}{4}$ of the plate vegetables and whole grains www.aicr.org

Simply Healthy Strength Group

**Wednesday, February 25th
5:00 - 5:45pm**

**Halstead Conference Room
Family & Consumer Sciences Building**

Questions? E-mail chaar@bgsu.edu