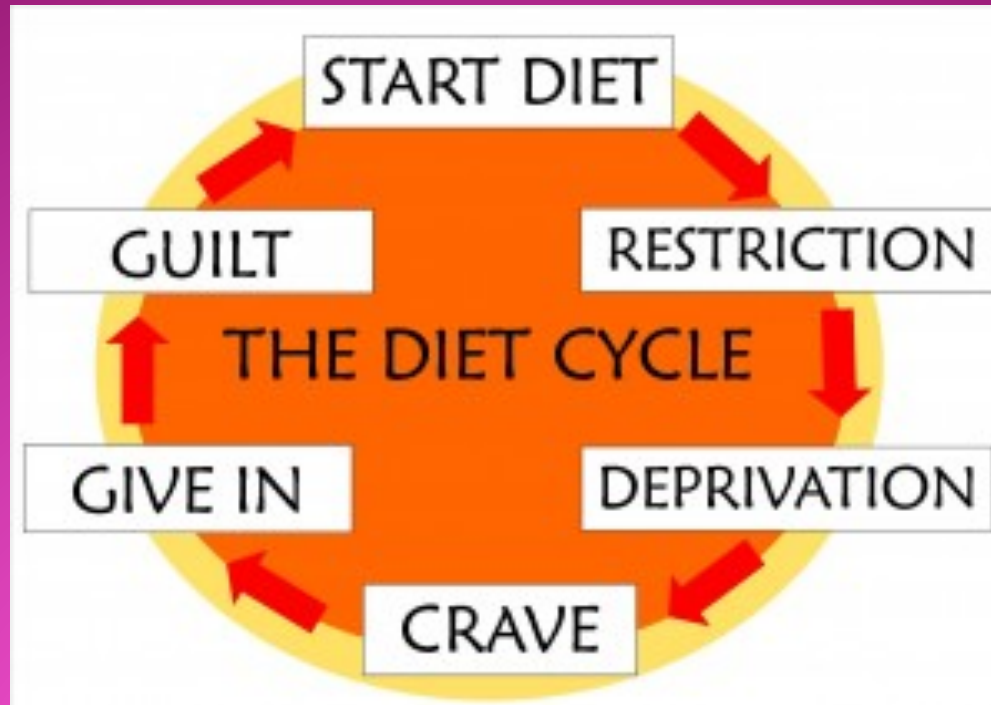


FAD DIETS



What makes a diet a “fad?”

- Quick solution to long term problem
- Focuses on elimination, fat, carbs.
- Focuses on eating substantially more of certain nutrients, fat, protein.
- The author may not be necessarily trained in Nutrition
- Lower in calories, usually the foods you're cutting out reduces your calorie intake, hence weight loss.

Disadvantages

- Rapid initial weight loss due to abrupt change in diet
- Rebound weight gain when diet is stopped
- Difficult to choose meals when not at home due to restrictions
- Sketchy science behind the theories
- False hope
- Feeling of failure when discontinued or dieter eats a forbidden food
- Loss of money
- Avoiding real change

Advantages

- Focus on real foods for the most part
 - Decreased processed foods
 - More whole foods
 - No junk food
- Participants are more aware of what they are eating

Atkins

Diet Rules: Low carb. Limit intake of starchy carbohydrates and sugars so that that body burns fat for fuel instead of carbohydrates.

Problems: Without carbohydrates, the body produces ketones to form in the body. A byproduct of burning fat for energy. Ketones can cause elevated uric acid levels. If you cheat and eat carbs you'll undo the state of ketosis.

Dangers: Kidney damage, constipation, halitosis, heart disease, bone loss, and colon cancer.

Advantages: More veg, less sugar, processed grains

Eat Right for Your Blood Type

Diet Rules: Get your blood tested to find out your type and adjust diet according to rules for each blood type.

Problems: Eliminates complete food groups in some cases. Eliminating meat, most grains. Attributing traits to a blood type that may not necessarily be true, such as low stomach acid.

Dangers: Eliminated whole groups of foods can lead to nutrient deficiencies such as iron, can lead to anemia, osteoporosis, etc.

Advantages: Whole foods, awareness of nutrients consumed, diet tips featured on next slide.

Live Right tips from Blood type diet

- In addition to exercising and eating foods that are Right For Your Type, here are a few key lifestyle strategies for Type O individuals: Develop clear plans for goals and tasks – annual, monthly, weekly, daily to avoid impulsivity.
- Make lifestyle changes gradually, rather than trying to tackle everything at once.
- Eat all meals, even snacks, seated at a table.
- Chew slowly and put your fork down between bites of food.
- Avoid making big decisions or spending money when stressed.
- Do something physical when you feel anxious.
- Engage in thirty to forty five minutes of aerobic exercise at least four times per week.
- When you crave a pleasure releasing-substance (alcohol, tobacco, sugar), do something physical.

Paleo

Diet rules: If a caveman couldn't eat it, you can't either.

No grains, minimal fruit, no dairy, no legumes (peanuts), no processed foods, no sweets.

Problems: Increased saturated fat intake. We have evolved to consume dairy and grains since paleolithic times. Low calcium.

Dangers: Restrictive, think about no cheese, no yogurt, oatmeal, etc. Osteoporosis, high blood pressure, high cholesterol.

Advantages: No processed foods, no processed meats,

Gluten Free

Diet Rules: Avoid all foods made with wheat, rye, barley and most oats. No bread, pasta, bagels, baked goods, pizza, breaded meats, etc.

Problems: IF you have Celiac Disease or diagnosed gluten allergy, you may benefit from this diet.

Dangers: Avoiding all of these foods (in their whole grain form) provide important vitamins, minerals and fiber. Spending tons of money on only gluten free products.

Advantages: Cutting out carby, bread products will aid in your weight loss. Many find themselves eating more whole foods because many processed foods have some wheat added.

Special K Diet

Diet Rules: 2 Special K meals: Cereal, meal bar, shake, flatbread sandwich. 2 Special K snacks and a sensible meal of your choosing.

Problems: 70% of your food is Special K processed, packaged foods. Cereal is not filling, leaving you hungry. Special K is high in sugar, low in protein (2g protein per serving). Very low calorie, under 1,000.

Dangers: Unsteady blood sugars, body in starvation mode after initial weight loss occurs due to low calorie.

Advantages: Structured meal replacement. Takes the work out of planning.

Vegan

Diet Rules: No meat, dairy, eggs. No animal products, gelatin.

Problems: Humans are omnivores- we are evolved to eat both meat and plants. B12 deficiency, b12 is needed by every cell in the body to function. Lack of animal protein, protein from meats is complete, vegetable protein is not. Low calorie. Vegans can't chew enough lettuce to sustain.

Dangers: Vitamin deficiencies, erosion of tooth enamel, loss of muscle mass.

Cabbage Soup

Diet Rules: Cabbage soup for meals, days differ aside from that. All fruit, all vegetable, 8 bananas, 10-20 ounces of beef.

Problems: Terribly unbalanced in nutrients, short term, only a week long and have to keep two weeks in between as it is not balanced/ healthy. Promotes yoyo dieting. Low fat, low protein, low calorie.

Dangers: Fasting causing low blood sugars, water weight fluctuations. You'll be so turned off by food you'll never want to eat again.

Nutrisystem/Medifast

Diet Rules: Eat pre ordered prepared meals for all meals.

Problems: EXPENSIVE, and probably does not taste all that great. Processed foods. Have a family? Cook for them but eat your packaged meals.

Dangers: No transition recommended from prepackaged foods back to regular foods, added artificial sweeteners & fiber. Multivitamin & omega 3 supplement recommended- something must be lacking.

Advantages: Meals are technically balanced. Good for single people who don't cook.

Questions

