

FAD DIET



What are fad diets?

Fad diets are plans sold as the best and fastest approach to losing weight. Yet some of these diets involve eliminating foods that contain necessary nutrients that your body needs to maintain good health. Some diets claim particular hormones are to blame for weight gain – suggesting that food can change body chemistry. Often these diets aren't well researched, or the research is faulty.

These are the kinds of diets that you often see endorsed by celebrities or promoted through media. They may include t high-fat, low-carbohydrate or high-protein diets. Some hype particular foods like cabbage and probiotic-containing or raw foods. Or they eliminate important sources of nutrition, such as grains.

Some have you eliminate certain foods at specific times of the day. Others allow you certain foods, as long as you eat them along with certain other foods.

Although some diets may be recommended in special situations, many of these may lack major nutrients, such as dietary fiber and carbohydrates, as well as selected vitamins, minerals and protective phytochemicals. By not receiving the right amounts of these nutrients, you can develop serious health problems.

For the food groups these diets do permit, the amounts are either well above or well below those recommended by major health organizations like the American Heart Association, American Diabetes Association, and the Academy of Nutrition and Dietetics — as well as the Surgeon General and the United States Department of Agriculture.

However, all have one thing in common: a temporary solution to what for many people is a lifelong problem. Once the diet is stopped, the lost weight is usually regained quickly, since fad diets don't focus on life-style modification which is necessary to keep the weight off. These diets aren't sustainable through life.

Fad diets become popular because they sometimes work for a short time - weight does come off, but it's usually from loss of water or lean muscle. While you may lose a decent amount of weight initially, the restrictions imposed by fad diets are unhealthy and unrealistic to maintain - ultimately leading to failure.

Fad diets can cause health problems

Weakness and fatigue. Nausea and headaches. Constipation. Inadequate vitamin and mineral intake.

Here are eight “fad” diets that actually work.

- Atkins Diet. Share on Pinterest. ...
- South Beach Diet. Like Dr. ...
- Vegan Diet. Vegan diets have become very popular among people looking to lose weight. ...
- Ketogenic Diet. ...
- Paleo Diet. ...
- The Zone Diet. ...

- The Dukan Diet. ...
- The 5:2 Diet.

Most of these diets help you shed pounds quickly. However, they may have adverse effects. They cannot be considered as long term solutions for weight loss. They just provide quick-fix and temporary solutions and the consequences can be unhealthy.

Because they often cut out key foods, fad diets may cause the following symptoms:

Dehydration.

Weakness and fatigue.

Nausea and headaches.

Constipation.

Inadequate vitamin and mineral intake.

Benefits of Fad Diet

1. Meal Plans Comprised Plenty of Fruits and Vegetables
2. It is Effective in Losing Weight
3. The main reason why these meal plans were made is to help people lose weight. Research has been made before by scientists from Tufts-New England Medical Center. In the research, several fad diets were compared. The scientists found out that the compared fad diets can lead to a weight loss between 4.6 to 7.3 pounds within a year.
4. The Fad Meal Plans can Help in Promoting Health

The 3 Cons of Fad Diets

Here are the disadvantages that users can encounter in using fad diets.

1. Fad Diets Have Low Adherence

For someone who is always eating outside and want to lose weight,

following the meal plans stated in fad diets can be difficult. For a person to succeed in losing weight using the diet, they will need to change their lifestyle as well.

2. It also Involve Some Health Risks

Yes, losing weight is health, but using fad diets may put users at risk. The risk is there since the amount of nutrients and calories to be consumed is restricted. It then causes getting low nutrition and energy deprivation.

3. Weight Loss Happens Too Quickly

Users of fad diets can lose 10 to 15 pound in just a week. However, the lost weight is more of water and muscle tissue. Again, losing weight is healthy. But, if it happens too quickly, it may lead to various side effects. It includes bad breath, constipation, nutrient deprivation, muscle loss, headaches and poor sleep.

What to Do?

Even losing weight has to be done in the right way. The meal plans included in fad diets are good. But, the goal of losing weight will be done better if it is combined with total lifestyle change.



Monday
May 13, 2019
4:00pm

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Workshop Presented by:
Division of Chronic Disease Prevention – Get Healthy Philly
Philadelphia Department of Public Health

Register online criticalpath.org/Health-Resources-&-Workshops/
or call 215-773-6913

Workshop to be held at the Commons
3rd Floor
1337 Locust Street

 **Critical Path**
Learning Center
A Program of Philadelphia/PAH Community Health Center

