



Better Safe!

The Usual Suspects...

Fad Diet Flaws

The following are common flaws shared by fad diets...

First and foremost, fad diets do not encourage lifestyle changes—the central aspect of healthy, successful weight management.

Fad diets violate the first principle of good nutrition—eat a balanced diet that includes a variety of healthy foods.

Super foods don't exist. It's important to eat moderate amounts of food from all food groups, not large amounts from a few.

Fad diets aren't enjoyable. They tend to be so bland and boring that most people can only hold out for a short period of time.



No. 1

No. 2

No. 3

No. 4

No. 5

There are literally hundreds and hundreds of fad diets on the market today.

In fact, the diet industry has become a booming business—Americans spend more than \$30 billion per year on diet plans, equipment, and supplements. But Americans are still gaining weight. That's because fad diets, like the popular one's below, can't help you lose or maintain weight safely. Avoid these fad diets at all costs.

Suspect #1: The Food Specific Diet

Food specific diets are diets that require you to eat a specific food designed to encourage weight loss. These types of diets, especially if sustained over a long period of time, can deny your body important nutrients it needs to function properly.

Suspect #2: The High-Protein, Low-Carbohydrate Diet

The idea behind this fad diet is that cutting "carbs" will cut calories. And while this diet can be effective in cutting calories, it fails to acknowledge the important role carbohydrates play in providing your body the energy it needs for an active life.

Suspect #3: The High-Fiber, Low-Calorie Diet

Although fiber is an important part of a healthy diet, and can play an important role in weight loss, this diet typically encourages the consumption of unusually high levels of fiber, which can cause diarrhea, bloating, and cramping.

Suspect #4: The Liquid Diet

Although liquid diets can produce short-term weight loss, they fail in a major way because they do not encourage any behavior change. Liquid diets can very often be too low in calories, which will eventually inhibit your body's ability to lose weight.

Suspect #5: The Fasting Diet

Fasting actually slows your body's ability to lose weight. When you fast, your body isn't getting the fuel it needs. Instinctively, your body begins storing fat and burning muscle, which slows your metabolism—making it harder to lose weight.

