



# The Dangers of Fad Diets

KAYLEN KEEN, PHARMD

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A year ago at 135 lbs.

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Small Changes, Big Results

Best Foods, Moves & More

**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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# 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 **1.19**

FEEL COOLER! Foods that actually lower your body temp!

10-minute CLUTTER CURBS

The good health of this **STOPS ANXIETY!** Feel 51% calmer!

Snacks that **BEAT TIREDNESS!**

**NEED CASH?** MAKE UP TO 10% MORE IN YOUR SAVING PLAN!

**PROVEN! Grapefruit really does MELT FAT!**

**PAIN RELIEF!** Get your aches and pains to go!

Brand-new Turbo Grapefruit Diet: Burns off 8 lbs a week! No big-belly increase! Keeps you fitter!

**MAKE HAIR & NAILS GROW!**

**Party fun!** Cocktail desserts make any day special!

# 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

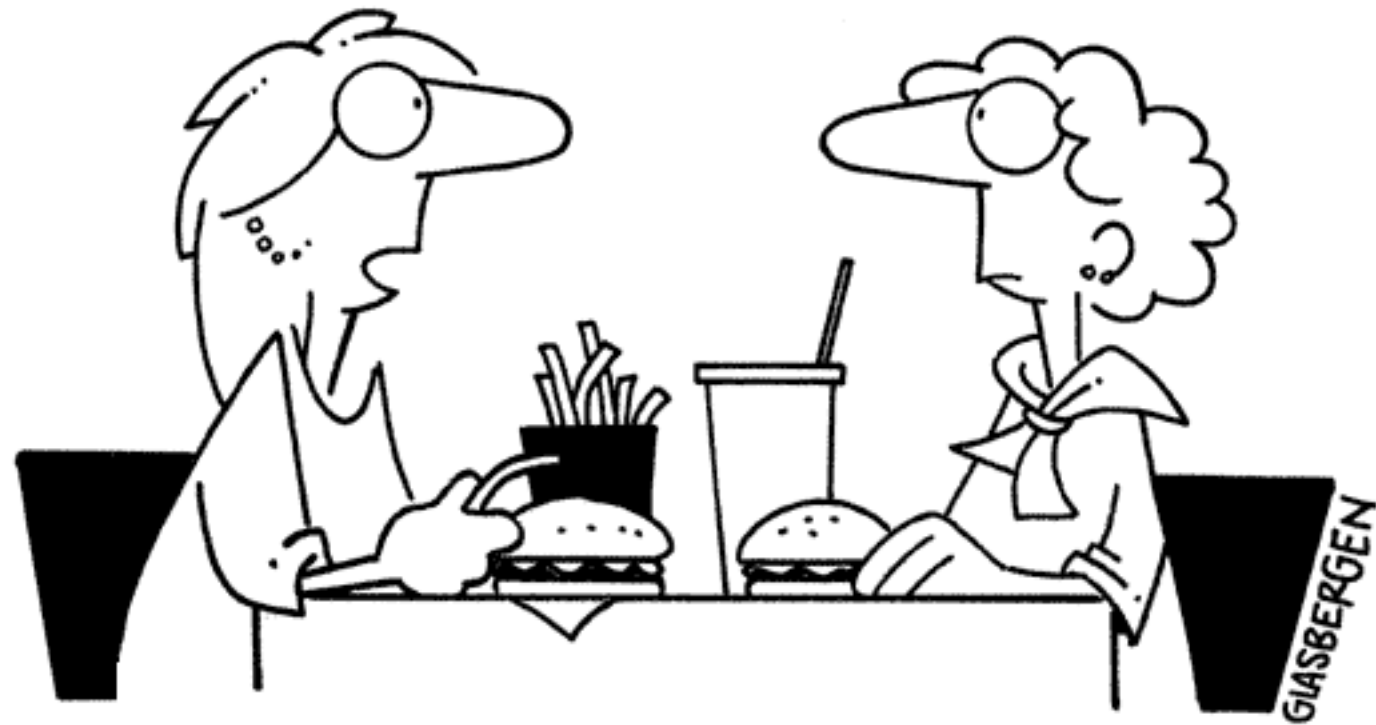
- ▶ [www.heart.org/healthyliving](http://www.heart.org/healthyliving)
- ▶ [www.cdc.gov/healthyweight/](http://www.cdc.gov/healthyweight/)



**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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