

FAD DIETS

Fad diets are defined as a diet or eating pattern that promote short-term weight loss.

Most diets, even if followed for a short period of time, will lead to weight loss initially. However, many people re-gain the weight back shortly after stopping the diet. Restrictive diets can also cause a loss of muscle mass, leading to a decrease in metabolism.

| Diet | Pros | Cons |
|--------------------------|---|--|
| Paleo | <ul style="list-style-type: none"> Encourages increasing fruit and veggies Suggests reducing sugar and sodium intake A diet rich in plant foods and quality protein can help control blood sugar, regulate blood pressure, contribute to weight loss and help prevent or control type 2 diabetes | <ul style="list-style-type: none"> Excludes certain foods or food groups: whole grains, beans and dairy Whole grains, which are discouraged in the diet, are rich in fiber and B-vitamins May be too restrictive to follow long-term |
| Gluten-Free | <ul style="list-style-type: none"> Individuals diagnosed with Celiac disease or those who are sensitive to gluten require a gluten-free diet Many products have become available for those who cannot otherwise eat bread, pasta, baked goods or other items containing gluten | <ul style="list-style-type: none"> There are no additional health benefits associated with gluten-free diets for those who have not been diagnosed with Celiac disease or do not have a gluten intolerance Gluten-free diets have not been shown to be effective for weight loss |
| Cleanses Juicing Detoxes | <ul style="list-style-type: none"> May lead to an increase in fruit, vegetable and fiber intake Often require individuals to limit sugar, salt and other processed foods | <ul style="list-style-type: none"> Very restrictive Intended for short-term use Does not lead to long-term weight loss or improved health No evidence to support the claim that these diets help rid your body of toxins |
| Low Carb / Atkins | <ul style="list-style-type: none"> Weight loss Less muscle mass is lost during weight loss | <ul style="list-style-type: none"> Encourages limiting/cutting out food groups: fruit, starchy veggies and grains Diet may be low in B-vitamins Decreased mental function Decreased energy due to restricted carbohydrate intake |
| The Blood Type Diet | <ul style="list-style-type: none"> Suggests eating whole foods that are minimally processed Recommends limiting sugar, refined grains and white flour products | <ul style="list-style-type: none"> Claims that your blood type corresponds to your exact biological profile and your dietary patterns should be suited to your makeup. Eat the right diet based on your blood type: A, B, O, AB Suggest not drinking with meals |





How to Spot a Fad Diet

- † Overemphasizes one food or food group
- † Bans a specific food or food group
- † Suggests a food or a product can enhance body chemistry
- † Guarantees rapid weight loss
- † Requires specific food combinations
- † Rigid menus– Ask yourself, “Can I eat this way for the rest of my life?”
- † Never mentions physical activity
- † Is short-term
- † Does not advise people with diabetes or high blood pressure to seek advice from their health care provider.

Goals for Healthy Eating

Instead of trying a fad diet or taking an approach to lose weight quickly, focus on improving the quality of your diet. Make an effort to eat less sodium, sugar and saturated fat and prepare more meals at home.

Know your calorie needs and keep a food journal to see where you can make improvements with your nutrition. Lifestyle changes can lead to better long-term weight management and provide more health benefits than short-term diets.

For more information on weight loss programs at Loma Linda University Health contact the Living Whole Wellness Program at livingwhole@llu.edu

References:

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