



Science

or Fiction?

As food fads come and go, the science behind them is not always convincing. A new analysis of scientific evidence from lead author Dr. Andrew Freeman (co-chair of the American College of Cardiology's Lifestyle and Nutrition work group) evaluated medical evidence associated with healthy eating habits and current popular diet fads in the US. Here are three of the most popular fads and why you may want to think twice before trying them...

Gluten-Free

A gluten-free diet is indicated for people with celiac disease, a gluten sensitivity, or gluten intolerance, but it is of no benefit to other people who can digest grains normally.

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Coconut Oil

Many people don't realize that the fat in coconut oil is one of the few fats that's over 90% saturated. The science backing coconut oil for weight loss and other conditions is simply lacking.

Juicing

Juice lacks the fiber that's found in whole vegetables and fruits. Juice drinkers may also consume more calories but not feel as full, since the act of chewing provides a sense of fullness.