



Don't Fall Victim to Fad Diets!



In a society obsessed with getting thin fast, it is no surprise that fad diets have been around for over a century. In fact, an Atkins-type diet, a high protein, low-carb regime, was introduced in 1860 London (by William Banting).

Unfortunately, fad diets are creating an opposite result – people are not getting thinner as overweight and obesity in this country has reached epidemic proportions.

With more than 80 percent of 4th grade girls resorting to fad dieting, the need for sound nutrition education starts at a young age. From cabbage soup to grapefruit to pork rinds, fad diets commonly promise that one type of food is the panacea for weight loss. But nutrition experts contend that we need to be aware, if it seems too good to be true – it usually is.

Although fad diets seem to work well in the short-term, they are a temporary fix that doesn't last long and can boomerang to a greater gain in the end. Fads can be dangerous. Fad diets usually over-emphasize one food or type of food. They violate the first principle of good nutrition, which is to eat a balanced diet that includes a variety of nutrient dense, low-cal foods.

Trim down without the fad in 5 easy-to-follow steps:



1) Become a mindful eater. By taking an active role in when and what foods you eat, you will automatically take a healthy step forward.



2) Lower your calorie intake. Eat a low-fat, high-fiber diet. Choose a variety of fruits and vegetables everyday. Eat small low-cal meals on a regular basis. Avoid sugar and fat and other high-cal temptations.



3) Stay hydrated the right way. Go for water and decaffeinated beverages throughout the day. Avoid sugar-laden beverages – they are not only high in calories, but can actually increase thirst.



4) See what you eat. In this world of multitasking, eating has become lumped in with other activities, such as driving, talking on the phone, while watching TV. Put what you are going to eat on a plate and don't eat out of the bag. Set aside time to eat a good meal.



5) Get moving. Permanent weight loss is not only about eating less, but exercising, too. Aim for 60-90 minutes of physical activity every day to lose and maintain weight loss.

4-step "TOO" check for fads

TOO FAST



promise of fast and easy weight loss (more than 1 to 2-pounds per week)

TOO EASY



no need to avoid "fatty" foods or exercise regularly

TOO GOOD TO BE TRUE



claims based on photos of "before" and "after" results advs that include testimonials for clients and "experts" in science and nutrition

TOO MUCH MONEY



expensive propositions that require you to buy special food, pills or seminars.