



Nutrition News

Staying Away from Fad Diets



With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No super foods will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some ingredients in supplements and herbal products can be dangerous and even deadly for some people.

Steer clear of any diet plans, pills and products that make the following claims:

Rapid Weight Loss: Slow, steady weight loss is more likely to last than dramatic weight changes. Healthy plans aim for a loss of no more than 1 to 2 pounds per week. If you lose weight quickly, you'll lose muscle, bone and water. You also will be more likely to regain the pounds quickly.

Quantities and Limitations: Ditch diets that allow unlimited quantities of any food, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over and hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations: There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus: Life is already complicated enough. Limiting food choices or following rigid meal plans can be an overwhelming, distasteful task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

No Need to Exercise: Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

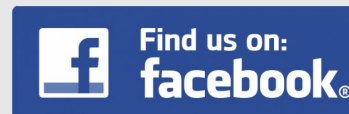
If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian nutritionist with expertise in weight management. An RDN can help you find a realistic, flexible eating style that helps you feel and be your best.

Source: <http://www.eatright.org>



For More Information Call:
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