

# DO NOW

- ① 1. Please hand in the food pyramid packet you completed in class on Friday using google classroom.
- ② 2. Please hand in the fad diet article questions.

# FAD DIETS

Why are fad diets a bad option for weight loss?

<http://www.everydayhealth.com/diet-nutrition/the-facts-on-fad-diets.aspx>

[https://www.youtube.com/watch?v=V9keK-\\_BJg4](https://www.youtube.com/watch?v=V9keK-_BJg4)

<http://www.statepress.com/article/2016/10/spopinion-fad-diets-lead-to-health-consequences-not-viable-for-the-long-term>

# RISKY WEIGHT LOSS STRATEGIES

- ◉ Fad Diets- weight-loss plans that are popular for only a short period of time
- ◉ Liquid Diets- replaces all food intake with a special liquid formula
- ◉ Fasting- abstaining from eating at all
- ◉ Diet Pills- usually suppresses appetite



# FAD DIETING

- ◉ Very hard to stick with
- ◉ Limit certain food intake
- ◉ Fail to provide the body with the nutrients it needs
- ◉ Any weight lost on the fad diet is usually regained shortly after
- ◉ EX: grapefruit diet, ice cream diet, cabbage soup diet, atkins diet, south beach diet

# LIQUID DIETS

- ◉ Very low calorie diet
- ◉ Usually do not meet the body's energy needs
- ◉ Most often lead to fatigue
- ◉ Due to the potential dangers associated with liquid diets the FDA requires these products to carry warning labels
- ◉ Recommends they are used under close medical supervision
- ◉ Ex: slim-fast, shakeology

# FASTING

- ◉ Deprives your body of the needed nutrients and energy
- ◉ Without nutrients your body needs it starts to breakdown the protein stored in your muscle tissue for energy
- ◉ Not a good way to lose weight
- ◉ Very ineffective in the long run

# DIET PILLS

- ◉ May cause drowsiness, anxiety, racing heart, or other serious side effects
- ◉ May be addictive to some people
- ◉ Some cause the body to lose more water than normal, which can lead to dehydration
- ◉ Not an effective weight loss plan in the long run



# WEIGHT CYCLING

- ◉ Some plans do help people lose weight quickly, but weight loss is usually from water and not fat
- ◉ Water weight is quickly regained
- ◉ The repeated loss and gain of weight is known as weight cycling
- ◉ Common among people who follow fad diets
- ◉ Slow and steady is the best way to lose weight using healthy whole foods and a balanced diet.