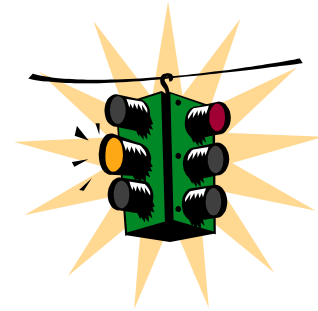




## Beware of Fad Diets

- Promise quick weight loss
- Cut out certain foods or food groups
- Sound too good to be true
- List “good” and “bad” foods
- Make weight loss claims that are not based on scientific evidence
- Contradict recommendations by major health organizations



---

## Safety Concerns of Low-Carbohydrate Diets

*Low carbohydrate, high protein diets such as the Atkins Diet, South Beach Diet, Protein Power, and others severely restrict carbohydrate. These diets are popular because they promise an “easy fix” to the problem of overweight. But, the safety of these diets is of concern.*

- Deficient in important nutrients
- High in saturated fat and cholesterol leading to heart disease
- Risk of dehydration
- Risk of bone loss (osteoporosis) and certain types of cancer
- Risk of gout, kidney disease, and kidney stones

# Lose Weight the Healthy Way

- Eat a variety of foods
- Include at least 5 servings of fruits and vegetables each day
- Eat small portions
- Limit sugary foods
- Limit foods high in fat, especially saturated fat and cholesterol
- Be physically active for at least 30 minutes most days



---

## Points to Remember

- There are no “quick fixes” for weight loss
- Calories do count
- Changes in lifestyle that result in eating less and being more physically active are necessary to control weight
- Fad diets may be harmful



The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. The Cooperative Extension Service and the University of Georgia College of Agricultural and Environmental Sciences offer educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

**An Equal Opportunity Employer/Affirmative Action Organization  
Committed to a Diverse Work Force**

**Bulletin # FDNSE 89-23**

**Date April, 2004**

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.  
Gale A. Buchanan, Dean and Director