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