



Fad Diet 411

Fad diets have been around for decades. In an effort to lose weight for a special event or in the hopes that the weight loss would last a lifetime, people have turned to fad diets as a way to trim their waistlines. The truth is that these diets may work in the short-term, but they're nearly impossible to maintain for life and are not always healthy. Plus, most people will re-gain the weight that they lost (and then some) once they get off the diet. Here are some clues to help you identify a fad diet:

- The diet excludes certain food groups or nutrients like carbohydrates.
- The diet promises rapid weight loss.
- The diet instructs you to eliminate certain foods and then re-introduce them into your diet at a certain point.
- The diet is a liquid diet which eliminates solid food completely.
- Success on the diet is dependent upon buying the company's foods or devices.
- The diet does not encourage life-long lifestyle changes.
- Some well-known and lesser-known fad diets: Atkins, Jenny Craig, NutriSystem, the Blood Type Diet, the Zone, Sugar Busters, the Caveman Diet, the Baby Food Diet, the Cabbage Soup Diet, the Grapefruit Diet, the South Beach Diet, Body for Life, Slim-Fast, the Cookie Diet, etc.

Many fad diets are deficient in important nutrients or provide too much of other nutrients like cholesterol and fat in the Atkins diet. Making healthy lifestyle changes like getting regular exercise and eating a healthy, balanced diet that includes all the food groups is the best way to lose weight and keep it off.