



Do You Know the Signs of a Fad Diet?

Fad diets have been around for decades. New ones surface regularly while some older weight-loss solutions fall in and out of popularity. Popularized by the promise of quick and dramatic weight-loss results, fad diets need to be fully researched before trying. Generally, diets or diet products can be considered a fad if they fit any of the following criteria:

- Claiming to help you lose weight very quickly, more than 1-2 pounds per week.
- Promising you will lose weight and keep it off without giving up fatty foods or starting an exercise program.
- Basing their claims only on “before and after” photos.
- Offering testimonies from clients or “experts” in weight loss, science or nutrition who are usually being paid to promote the diet plan.
- Drawing simple solutions from complex medical research.
- Limiting food choices and not encouraging you to get balanced nutrition by eating a variety of foods.
- Requiring you to spend a lot of money on things such as seminars, pills or prepackaged meals in order for the plan to work.

Instead of turning to a fad diet to achieve weight-loss results, try implementing lasting lifestyle changes. Contact a health care professional to get started.