

What are fad diets? And how to spot them:

- Diets that **“come and go”** (like “paleo, adkins). These diets lose their “popularity” once people realize they don’t work. AKA, you gain weight back and often more after being on them!
- Require **FAST** changes
- Promise **QUICK** results
- Weight loss happens, but LASTS 6 months- 3-5 years max
- Promoted as the **BEST** and can seem **“too good to be true”**
- Encourage elimination OR severe restriction of macronutrient(s) (CARB, PROT, FAT)
- They tell you to eat very **low calories** (500, 1200, 1500, intermittent fasting, etc)
- Tell you to drink excessive fluid/water
- Provide testimonials and side-by-side pictures of before and after weight loss
- They blame **YOU** for not trying hard enough and just need **WILLPOWER**
- Rely on **SIMPLE** answers for **COMPLEX** problems
- Often promote **little to no exercise** required

“Dieting
has the word
“die” in it!”



Why does FAST weight loss not work?

- The brain always finds ways to **conserve energy** and promote life/living.
Dieting is the polar opposite!
- The brain needs to create neural pathways for long-term behavior change. Neuropathways take some time to form, especially new ones that are overcoming the “automatic” pathways created after **years** of development.
- Lack of adequate nutrition does not allow for the development of neural pathways.
- Behavior change and thought change require **TIME** and **PRACTICE**
- Your brain is **SELFISH** and won't allow starvation long-term.
- Your body will break down muscles and organs causing a lowered metabolic rate. Thus when you **STOP** dieting, you easily gain weight back.

“Biology always wins”

Types of Fad diets:

- **“Keto” Diets:** eat low carbohydrate foods with high protein and or fat.
 - Create ketone “bodies” through the breakdown of body fat as a **SHORT** term source of energy for the brain
 - Loss of muscle mass (face, arms, legs)
 - Decreases hunger
 - Expect rapid weight loss



Types of Fad diets (continued):

- **Low-calorie diets:** Range from 500-1500 calories **OR** intermittent fasting (average calories consumed: 800-1200)
 - You must count the calories of foods to stay in range
 - Impacts metabolism by LOWERING the amount of energy you need
 - Often associated with increased hunger, diet foods are encouraged, and excessive fiber foods, vegetables, and fluid
 - Expect a slower weight loss
- **Paleo or “eating like our ancestors”:**
 - Eliminates grain, dairy, added salt, dessert, high protein foods
 - Impacts metabolism by LOWERING the amount of energy you need
 - Asserts that our body hasn’t adapted to the foods that are available now (False)
 - Requires a lot of preparation, food prep, and time management
 - Expect a slower weight loss
- **Clean eating/“From the earth” eating:**
 - Eating foods that are processed are considered “bad” and promotes guilt and deprivation when eaten
 - Relies on “morality” for motivation
 - Severely restricts the social aspects of eating
 - Expect slower weight loss
- **Programs disguised as a “non-diet” approach (Noom, WW, aka Weight Watchers):**
 - Emphasize mindfulness, moderation, self-care
 - The focus is WEIGHT LOSS
 - Encourage restriction but NOT elimination
 - Average calories promoted: 1200 - 1500



Risks of Fad Diets:

- **Increases risk** of the development of an **eating disorder** (anorexia, bulimia, etc)
- Not sustainable and can result in malnutrition, frustration, and feelings of **failure**
- Minimal to no research backing claims
- Not focused on **long-term** behavior change
- Predispose you to weight gain and often **MORE** weight gain than **BEFORE** you started the diet

“Fad diets TWIST the TRUTH”



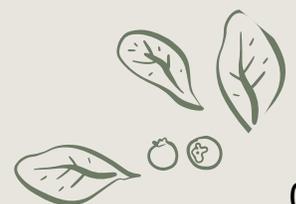
Recipe for ANTI-DIETING

½ cup of self-compassion

2 tbs of self-care

½ tsp of grace

Sprinkle of mindfulness



Reflect:

What types of fad diets have you tried? What makes them a “fad”?

At what point did you notice that the diet you were on FAILED YOU?

How did you feel at the beginning and end of a “fad” diet? What made “sticking” to this “fad” diet difficult for you? _____

What did you notice that might have caused you to regain weight? Why was this diet unsustainable? _____

Example:

1. Write down 3 or more behaviors you KNOW you need to change.

Example:

Behaviors I need to change are:

- 1- getting in more movement/exercise
- 2- eating more consistently during the day to avoid overeating at night
- 3- Increasing the amount of fruits and vegetables I eat.

2. Write down a timeline for each behavior to work towards behavior change that is a minimum of 3 months in duration. (Slow and Steady)

- As you create this timeline ask “Can I do this the rest of my life?”
- Avoid black or white thinking and “shoulds and musts”!



Example:

Increase fruits and vegetables.

Current: I eat about 2 fruits and vegetables per day and want to increase this “for the rest of my life” to about 4-5 per day.

1. Month 1: Increase from 2 to 3
2. Month 2: Sustain 3 per day
3. Month 3: Increase from 3 to 4 or 5.

Write down 3 or more behaviors you KNOW you need to change.

Timeline for each behavior to work towards behavior change
(3 months minimum).

Questions for my Dietitian:

