

# FAD DIETS? DON'T TRY IT!

Increasing consumer interest in fast, easy weight loss is leading to greater popularity of 'fad diets.' Fad diets often promise fast easy weight loss by emphasizing or excluding particular foods, or promoting odd eating patterns. Science has proven year after year... fad diets don't work. Check the list below for features common to many fad diets – and why they don't work.

## Fad Diets often include...

- 'Magic' foods that help burn fat
- A promise of rapid weight loss
- No need to exercise
- Restricted or unlimited quantities of food
- Prescribed food combinations
- Strict menus

## In Reality

- No food increases fat loss
- It's mostly fluid, fat loss takes time  
*(a normal rate is 1 to 2 pounds per week)*
- Exercise is as important as food choices for achieving and maintaining healthy weight
- Sustainable weight loss relies on healthy eating patterns
- Certain combinations of food eaten at specified times do not enhance weight loss
- Limited food choices do not enhance weight loss

***The key to achieving and maintaining healthy weight is regular physical activity and consistently choosing a variety of nutritious foods you enjoy.***

***It's easy – follow the food guide!***

## What about High-Protein, Low-Carbohydrate Diets?

Over the past few years, consumers have been led to believe that eating a diet high in protein and low in carbohydrates will increase fat loss... this is not the case. These diets may appear to be effective, but the early, rapid weight loss is body water loss – not fat loss. Carbohydrates are essential to ensure the brain and other body tissues have a steady supply of energy, and muscles have fuel for exercise.

Brought to you by Registered Dietitians  
at Dairy Farmers of Manitoba.

