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USMC SAFETY & FORCE PRESERVATION

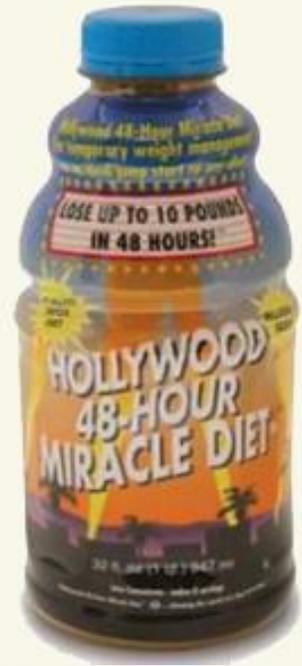


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RISKS OF THE "FAD DIET"

With so many diets on the market, how do you know what is good and what is bad, that is, if any of it is good? Just like history repeating itself, diets tend to repeat themselves. Most "new" or "revolutionary" diets are diets that did not work the first time around. For example, the Atkins diet was a wildly popular fad diet in the 1970s.

Most fad diets tout or ban specific foods or food groups, suggest that food can change the body's chemistry or blame specific hormones for weight problems. Of course, none of this is true. Food specific diets or combination of foods diets are a myth. There are no foods that cause weight loss or weight gain. Most of these diets do not teach healthy eating habits, which means you will not stick to it. Eventually you are going to want a cookie or something on the "bad foods" list. If you actually look at the studies done on dieting, they do not work. A lot of the time they make unreasonable demands on your eating and they restrict the foods you love. Who has ever been able to avoid a food that we are told we can never eat? The best diet is a healthy eating plan that combines lifestyle changes in your eating habits and activity patterns.



If fad diets don't work, then why do they exist? To make money! The weight loss and diet industry brings in over \$30 billion dollars per year! Most diet and supplement companies and manufacturers make huge profits marketing diet pills and plans that promise never before seen results. The combination of a big demographic of desperate people, who are looking for a quick fix, and no regulation by the FDA, makes the diet industry a dangerous money-making business.

Signs of a "Fad Diet" May Include:

- Recommendations that promise a quick fix
- Lists of good and bad foods
- Rapid weight loss of more than 1-2 pounds a week
- No need to exercise
- Magic foods or supplements
- Bizarre quantities and limitations
- Specific food combinations
- Recommendations based on a single study which may not have peer review or ignored differences among groups

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POPULAR FAD DIETS

Some of the popular fad diets right now include the “New” Atkins, Paleo or “Caveman” Diet, The Zone Diet, Sugar Busters, and the hCG Diet.

The New Atkins Diet

The “New” Atkins Diet restricts carbohydrates and focuses on eating mostly protein with a vitamin and mineral supplement. There are many problems with this diet including the restriction on fruits, vegetables, whole grains and low-fat dairy products. This diet is very low in fiber, which can lead to constipation. The lack of calcium could also lead to osteoporosis later in life. With the promotion of eating Atkins low carb foods, it is very expensive and vigorous exercise is not recommended.

The Paleo Diet

The Paleo Diet, a seemingly modified Atkins, includes some carbohydrates in the form of fruits and vegetables but eliminates all whole grains, dairy, and legumes. For years nutrition experts have been pushing the consumption of “cleaner diets” based on whole foods including lean meats, fruits, vegetables and less sugar, sodium, and processed foods. But intake can also include whole grains, low-fat dairy, and legumes based on the large quantity of research that supports that these foods can fit into a well-balanced, healthy diet. The Paleo diet touts that “caveman” did not get chronic diseases like diabetes and heart disease, but the fact that the average age of a person in the Paleolithic era was only about 30 years old, doesn’t lend itself to these diseases anyway, which normally occur at older ages.

The Zone Diet

The Zone Diet divides each meal into 40 percent carbohydrates, 30 percent protein and 30 percent fats. Although closer to what a registered dietitian would recommend, you have to be a mathematician to figure it all out.

Keep in mind that any excessive protein diet - even Paleo, despite its claims- increases calcium excretion and strains the kidneys. Also of concern are inadequate energy levels and the risk of hypoglycemia (low blood sugar) for athletes who need more carbohydrate for energy and optimal performance.

Sugar Busters

The Sugar Busters’ theory is that sugar is toxic and therefore should be avoided. They say sugar, not calories, is the cause for weight gain; however, this idea is false. Sugar Busters works for many people mainly because by eliminating refined sugars, they are removing a significant source of calories in their diet...which leads to weight loss.

The hCG Diet

The hCG Diet combines ingesting drops or taking injections of hCG, a pregnancy hormone, along with eating only 500 calories a day. The severe calorie restriction is dangerous and is probably the true cause of any weight loss. The FDA in January 2011 warned that homeopathic hCG is fraudulent and illegal when sold for weight-loss purposes.

Overall, Fad Diets are not something you can usually follow for the rest of your life. They are usually a temporary solution to the weight loss. Most of the weight loss success is usually from the calorie restriction and exercise plan that was started. Following a drastic diet change for a few weeks won't give you the chance to learn about how to permanently change your eating patterns. The fact is that most people who go on a restrictive diet gain back the weight over the next few years.

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The best way to lose weight is to eat a healthy diet, which includes all foods in moderation and exercise. Eat fresh fruits and vegetables, whole grains, lean meats and low fat dairy products, limiting highly processed foods and you will reduce your risk of obesity, heart disease, some cancers and diabetes. Be wary of diets or products that seem too good to be true, because in most likelihood, they probably are!

Diet	Philosophy	Foods to Eat	Foods to Avoid	Potential Side Effects	Lose and Maintain Weight?
Dr. Atkins' New Diet Revolution	Eating too many carbohydrates (CHO) causes obesity and other health problems; elimination of CHO solves problems	Meat, fish, poultry, eggs, cheese, low-CHO vegetables, butter, oil; no alcohol	Carbohydrates, specifically bread, pasta, milk, most fruits and vegetables	Limited food choices. High in fat and saturated fat. Low in fiber, antioxidants and phytochemicals	Yes, but initial weight loss is mostly water. Difficult to maintain long-term due food restrictions
The Zone	Eating the right combination foods leads to metabolic state at which body functions at peak level, and results in weight loss and increased energy	Most foods, so long as they are consumed in the exact proportion (40/30/30) at each meal	Carbohydrates, specifically bread, pasta, some fruits, and saturated fats	Difficult to calculate portions and follow. High protein may tax kidneys and increase risk of osteoporosis. Low carbohydrates may impair performance	Yes, because of lower caloric intake. Could result in weight maintenance if followed long-term. However, diet rigid and difficult to maintain long-term
Paleo or Caveman Diet	Eating the way of the caveman is the healthiest diet	Meat, fish vegetables, some fruits and healthy fats	All Grains, beans, legumes, and dairy. Processed foods	Limited food choices. Lacks many nutrients and omits healthy foods	Yes, due to caloric restriction. Difficult to maintain long-term due to food restrictions and is expensive
Sugar Busters!	Sugar is toxic, leads to insulin resistance, which then makes you overweight	Protein and fat. Low-glycemic-index foods. Alcohol in moderation	Potatoes, white rice, corn, carrots, beets, white bread, all refined white flour products	Eliminates many carbohydrates; discourages eating fruit with meals	Yes, due to caloric restriction. Difficult to maintain long-term due to food restrictions
hCG Diet	hCG is an appetite suppressant and decreases "trouble spot" fat deposits	High protein, low carbohydrates and high-fat foods	Dairy, sugar and alcohol	Extremely low calories diet (500 calories) per day accompanied by either HCG injections or oral hormone. Expensive. May develop <u>headaches</u> , <u>blood clots</u> , <u>restlessness</u> , leg cramps, <u>constipation</u> , temporary hair thinning, depression and male breast enlargement	Yes, due to severe caloric restriction. Difficult to maintain long-term due to food restrictions

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