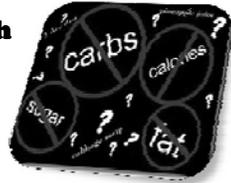


## FAD DIET REVIEW : PROS AND CONS

Theresa Smith



### CHARACTERISTICS OF A FAD DIET

- 1. Sounds too Good to Be True
- 2. Quantities and Limitations
- 3. Promises rapid weight loss
- 4. Specific Food Combinations
- 5. Short Term Focus.
- 6. Rigid Menus
- 7. No exercise.
- 8. Bases evidence of effectiveness only on quotes of other dieters.



### THE SHORT LIST

- -Gluten Free Diet
- - Paleo Diet
- -Raw Food Diet
- -The HCG Diet
- -The Dukan Diet

More Diet reviews found at:  
Academy of Nutrition and Dietetics  
[www.eatright.org/dietreviews/](http://www.eatright.org/dietreviews/)

### GLUTEN FREE DIET

- A diet completely free of gluten.
  - Gluten is a protein found in most grains, specifically those that include rye, barley or wheat.
- Who typically uses this diet?
  - Those with Celiac's disease and with gluten sensitivity.
- What food products contain gluten?
  - Flour, cakes, pastries, pastas, breads, couscous, cereals, processed foods, frozen dinners, some medications, pizza crust, cookies, pretzels, crackers, biscuits, some types of chocolate, some candy and candy bars, some ice creams, and beer .

### GLUTEN FREE DIET

- Pros:
  - Those who choose a gluten free diet may lose weight .
- Cons:
  - Beware: "Gluten Free" does not always mean healthier.
  - Taste Fatigue.
  - Difficulty with cravings.



### PALEO DIET

- **AKA: caveman diet, stone age diet, hunter-gatherer diet**
- **Diet based on the premise that modern humans are genetically adapted to the diet of their paleolithic ancestors.**
- **Consists of fish, grass-fed meats, eggs, vegetables, fruit, roots and nuts.**
- **Excludes: grains, legumes, dairy, salt, refined sugar and processed oils.**



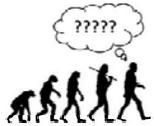
### PALEO DIET

- **Pros:**
  - **High protein intake reduces appetite**
  - **Emphasizes fruits and vegetables**
  - **Intake of essential fatty acids is high**
  - **Reduces diabetes, heart disease and cancer risk**
  - **Does not require counting or measuring.**



### PALEO DIET

- **Cons:**
  - **Eliminates favorite foods**
  - **What did our ancestors really eat?**
  - **Diet soda included?**
  - **Where's the calcium?**
  - **May not be suitable for vegans or vegetarians, but could be adapted.**



### RAW FOOD DIET

- **AKA-Rawism**
- **What is it?**
  - **Eating uncooked, unprocessed plant foods.**
- **Staples of Diet**
  - **seaweed, sprouts, whole grains, beans, dried fruits and nuts.**
  - **Alcohol, refined sugar and caffeine are taboo.**



### RAW FOOD DIET

- **Pros-**
  - **A plant based diet is proven to be a healthy diet.**
- **Cons-**
  - **Dehydrators use heat, but temperatures are not high enough to kill food-borne bacteria.**
  - **Eating raw, unpasteurized eggs, cheese and milk is unsafe.**
  - **Possible nutrient deficiencies (B12, calcium, iron, omega 3).**
  - **Some nutrients better absorbed when food is cooked (tomatoes and eggs).**



### THE HCG DIET

- **What is it?**
  - **Extreme calorie restriction/500 calories a day**
  - **Injection or oral dose of HCG**
    - **Human Chorionic Gonadotropin**
- **The Claim:**
  - **"26 lbs in 26 days"**
- **Cost:**
  - **\$140 per month for HCG drops, more for injections.**
    - **Does not include recipes, books and meal plans.**



**THE HCG DIET**

- **What they don't tell you!**
  - **The HCG hormone is excreted by certain tumors.**
  - **Hormone not truly understood and not believed to have active role in humans after prenatal development.**
  - **HCG is listed on the illegal sports drug list.**

**THE HCG DIET**

- **Pros-**

**THE HCG DIET**

- **Cons-**
  - **Wt. loss is due to calorie restriction, not hCG**
  - **Side effects include headaches, risk of blood clots and depression, irregular heartbeat, gallstones, electrolyte imbalances.**
  - **Exercise not promoted**
  - **Calorie restriction too low to be safe.**
  - **Long term use not understood.**
  - **Injections mask tumor markers.**



**THE DUKAN DIET**

- **What is it?**
  - **High protein, very limited carbohydrates.**
- 4 phases**
  - **Attack phase- 1 to 10 days depending on weight loss needs.**
    - **Only protein foods seasoned with condiments that have no fat or carbohydrates are used.**
    - **Calorie free drinks permitted.**
    - **1 1/2 Tbsp of oatmeal each day.**



**THE DUKAN DIET**

- **The Cruise Phase**
  - **Some non starchy vegetable introduced.**
  - **Stick with phase until targeted weight is reached.**
- **Consolidation Phase**
  - **Allowed on portion of fruit and two slices of whole grain bread each day.**
  - **One extra serving of carbohydrates per week.**
  - **One "Celebration Meal" per week.**
- **Stabilization Phase:**
  - **One day of the week, eat only protein.**

**THE DUKAN DIET**

- **Book: \$26.00**
- **Pros:**
  - **Exercise promoted.**
  - **No calorie counting.**
  - **Meal plans and recipes included.**
- **Cons:**
  - **Highly restrictive.**
  - **Fatigue, mood swings, constipation, headaches and bad breath.**
  - **Dietary boredom.**
  - **Not suitable for those with a hx of gout, high cholesterol or kidney disorders.**

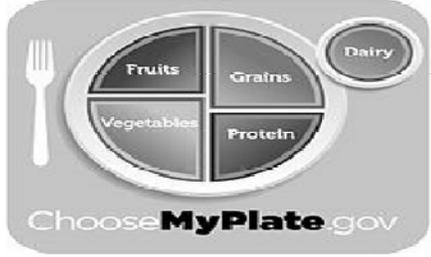


**o No ONE food, no ONE drink, no ONE behavior will cause you to lose weight, keep it off and live a healthy lifestyle.**

**o Awareness+Knowledge+Skills+Application= Behavior Change**

**BACK TO BASICS FOR WEIGHT LOSS**

**o Make choices from every food group**



Choose **MyPlate**.gov

**BACK TO BASICS FOR WEIGHT LOSS**

**o Get the most nutrition from your calories.**

- Eat and drink smaller portions.
- Choose empty calories less often.
- Moderation, not elimination.



**BACK TO BASICS FOR WEIGHT LOSS**

**o Balance Food and Physical Activity**

- **Easy as 1-2-3!**
- 30 minutes of physical activity once a day
- 15 minutes of physical activity twice a day
- 10 minutes of physical activity three times a day



**REFERENCES**

- o **Eatright.org**
- o **Everydiet.org**
- o **WebMD.com**