



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

FAD DIETS

Has it ever seemed like there new diet coming out each week claiming to be the latest and greatest for weight loss?

Unfortunately, this is a common trend among Americans today.

Diet culture has infiltrated almost every media outlet and does not discriminate. Your age, ethnicity, or socioeconomic status does not exclude you from being targeted by diet companies and products.

Diet culture is the practice of demanding a change in our values and beliefs to fit a societal expectation. This practice can be disguised in many ways. A few examples include eating only a few foods or eliminating groups of foods, claiming a food is a "superfood," or promising quick results like weight loss. It is important to be educated on diet culture, so you do not fall into the trap of predatory marketing.

Here are some indicators of a fad diet or a diet you should avoid:

1. A diet that excludes or severely restricts a macronutrient group such as fat or carbohydrates.
2. A diet that encourages extreme caloric restriction.
3. A diet that promotes excessive physical activity.
4. A diet that promises quick and unrealistic results.
5. A diet that advertises weight loss greater than 2 pounds per week.

WEEKLY CHALLENGES

FIND AN EXAMPLE OF DIET CULTURE IN YOUR FAVORITE MAGAZINE OR MEDIA OUTLET.

READ AN ARTICLE OR BLOG POST ABOUT DIET CULTURE.

ENJOY A NUTRITIOUS MEAL THAT HAS ALL FOOD GROUPS

SET S.M.A.R.T. (Specific, Measurable, Attainable, Relevant, Timely) GOALS WHEN IT COMES TO YOUR HEALTH.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help reduce inflammation and pain.

If they ask how they should record if they reach their weekly action plan. They can write words like, "Nailed it" or just a short note like added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Fad Diets*
- Placemat/handout – *PNB Date Energy Balls*
- Table Tent- *Fad Diets- What are they?*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Broccoli Chicken Dijon*
- Table Tent- *Keto and Atkins*

Week 3: Give out/Post

- Placemat/handouts – *Baked Mahi-Mahi Tacos*
- Table Tent- *Fad Diet Examples*

Week 4: Give out/Post

- Placemat/handout- *Balsamic & Parmesan Roasted Cauliflower*
- Table Tent- *Three Fad Diets at a glance*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select "Scale to Paper Size" and select "letter" size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout, or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org