

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## Fad Diets: What are They?



*Pexels.com*

Fad diets are often diet plans that are sold or recommended as the best and fastest approach to losing weight.

These diets are often highly covered by the media or endorsed by celebrities. Fad diets can often be restrictive and not take into account the needed nutrients of a person's body.

### Weekly Challenge:

Try learning more about fad diets and ways to spot them.



*Photo Courtesy of Pexels.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Christel Weltzin 11-2021

## Are Fad Diets Good for You?



*Pexels.com*

Most fad diets are either not well-researched or do not have research to back them up. This makes the diets unreliable to use. Some of these diets eliminate foods that have vital nutrients or recommend amounts of foods well below or above nutrition recommendations. Some fad diets may not be entirely unhealthy but it is best to discuss the possibility of following one with your doctor or Registered Dietitian before starting.

### Weekly Challenge:

Try adding more fruits and veggies to your diet this week!



*Photo Courtesy of Pexels.com*

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Christel Weltzin 11-2021

## Are Fad Diets Needed?



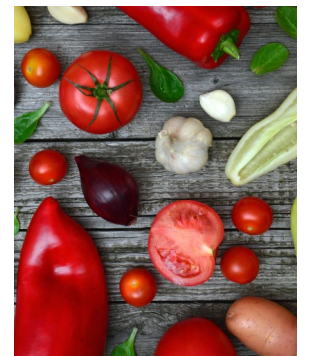
*Pexels.com*

The best way to lose weight and maintain health is by regular exercise, and eating a diet high in fruits and vegetables and low in processed foods. Keeping portions moderate also helps maintain weight.

Fad diets should not be confused with other specialized diets or eating plans like the DASH Diet or Mediterranean Diet which are beneficial for many people with or without medical conditions.

### Weekly Challenge:

Check Out Evidence Based Eat Smart, Move More, Weigh Less  
[https://  
esmmweighless.com/](https://esmmweighless.com/)



*Photo Courtesy of Pexels.com*

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

## The Truth about Fad Diets

There are many different fad diets out there and they are very popular for losing weight for short periods of time.

Fad diets tend to work because they cut out specific types of food which can mean that you are eating fewer calories than you usually would. One downside is that fad diets are giving nutrition advice that is based off others experiences instead of scientific evidence.



Photo courtesy of Pixabay.com

## Keto Diet



Photo courtesy of Pixabay.com

This diet is very high in fats and low in carbohydrates. Since you are reducing your carb intake your body goes into ketosis. This means that your body is turning your fat into energy instead of carbs. The keto diet can cause low blood pressure, kidney stones, constipation, nutrient deficiencies and an increased risk of heart disease.

### Fun Fact:

This diet is mainly used to treat hard-to-control epilepsy in children.



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Gabrielle Lois 11-2021



## Atkins Diet

The Atkins diet is claims to result in rapid weight loss without hunger. This diet consists of 4 stages, with the first two weeks that restricts carbs to 20 grams per day. With the limited carbs your body will start to use fat as energy similar to the keto diet.

After the first two weeks the Atkins diet then encourages you to add back carbs in 5-gram increments for weight loss and to maintain the loss.

### Fun Fact:

The Atkins diet is the most famous low-carb wight loss diet in the world.



Photo courtesy of Pixabay.com

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.

.....Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables. ....

## Fad Diets: What are they?

Fad diets are promoted as a beneficial approach to losing weight; however, many fad diets may eliminate foods that contain necessary nutrients and food groups.

Various claims of these diets may suggest that specific diets can change body chemistry, promise a quick fix, and aid in weight loss.

Source from: <https://my.clevelandclinic.org/health/articles/9476-fad-diets>

### Weekly Challenge

Avoid partaking in a fad diet.



Photo courtesy of Pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Katelyn Kruger 11-2021

## Fad Diet: Examples

### **Ketogenic Diet:**

This diet consist of an individual consuming a low-carb and high fat diet. The reduction of carbohydrates puts the body into a metabolic state that burns fat for energy.

**Intermittent Fasting:** This diet consists of different meal timing schedules where individuals choose to eat during a window of time. For example, an individual that intermittently fasts may fast daily for 14-16 hours and allow themselves to eat their meals in the window within 8-10 hours.

**The Alkaline Diet:** This diet consists of a group of various diets based on the misunderstanding that various foods have an influence on the pH balance of the body.

Source from: <https://www.healthline.com/nutrition/6-ways-to-do-intermittent-fasting#section2>

### Weekly Challenge

Realize there are many fad diets in society.

## Fad Diets: Avoid Them

Rather than partaking in a fad diet, consider a life-style change that will last in the long term. Creating habits rather than quick-fixes will be most beneficial.

Various habits to consider could be: increasing consumption of fruits and vegetables, drinking more water, and partaking in physical movement each day.

**Choose habits that are sustainable and enjoyable for you!**

### Weekly Challenge

Write down a few habits you want to create for lasting change and action steps to get started.



Photos courtesy of pixabay.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Katelyn Kruger 11-2021

.....  
Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.  
.....

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

**Current Fad Diets:**

# Keto



The ketogenic diet is a high fat, moderate protein, low carbohydrate eating pattern, which differs from general eating recommendations. Many nutrient-rich foods are sources of carbohydrates, including fruits, vegetables, whole grains, milk and yogurt. On a keto diet, carbs from all sources are severely restricted.

## Keto Food Pyramid

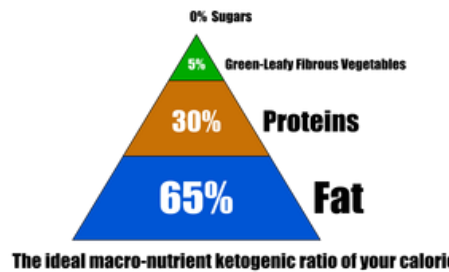


Photo courtesy of Bing.com

**Current Fad Diets:**

# Atkins



The purpose of the Atkins Diet is to change your eating habits to help you lose weight and keep it off. The Atkins Diet also claims it's a healthy lifelong approach to eating, whether you want to lose weight, boost your energy or help improve certain health problems, such as high blood pressure or metabolic syndrome.

**Weekly Challenge:**

Enjoy all types and amounts of foods , just remember everything in moderation!

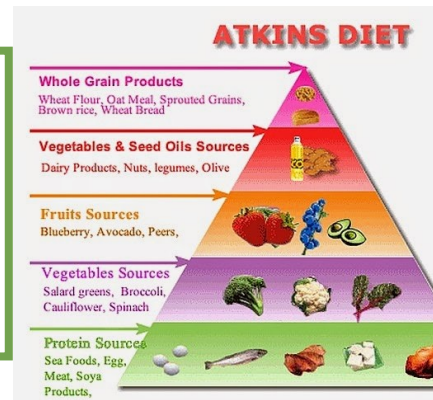


Photo courtesy of Bing.com

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Baylie Neider 11-2021

**Current Fad Diets:**

# South Beach

The South Beach Diet is to change the overall balance of the foods you eat to encourage weight loss and a healthy lifestyle. The South Beach Diet claims it's a healthy way of eating whether you want to lose weight or not. This diet restricts certain carbs and fats to help you lose weight.

**Weekly Challenge:**

Include a healthy amount of carbs, protein, and fats in your diet this week.



Photo courtesy of Bing.com

Fold then tape this edge to other edge of tri-fold to make a triangle table top tent.