

EAT WELL, AGE WELL: FAD DIETS

What is the Hype About Fad Diets?

Fad diets are often advertised as the best way to lose weight the quick. However, these diets are often not researched, and their long-term effects are unknown. These diets can be hard to maintain and eliminate needed foods from a person's diet.

The best way to maintain health is by being physically active, exercising & consuming a variety of foods in moderate portions. All foods can be good in moderation and consuming a variety of foods is recommended.

Peanut Butter Date Energy Balls

Makes 10-11 balls



Photo Courtesy of Pixabay.com

Ingredients:

- $\frac{3}{4}$ cup chopped, pitted dates
- $\frac{1}{4}$ cup puffed amaranth or brown rice cereal
- $\frac{1}{4}$ cup smooth peanut butter
- 1 Tbsp ground flaxseed
- Pinch of salt (optional)

Directions

1. Combine all ingredients in a food processor or blender.
2. Pulse until finely chopped.
3. Blend or process for 1 minute, scraping down the sides as needed, until the mixture is crumbly but can be pressed into a ball.
4. With wet hands, squeeze 1 tbsp of mix between your hands and roll into a ball.
5. Repeat step 4 until all mixture is used. These can be refrigerated for 1 week or frozen for 3 months.

Nutrition Info: 1 Energy Ball: 75 calories, 10g carbs, and 2g protein

Source: *EatingWell Magazine*, September 2020

“The groundwork of all happiness is health.” – Leigh Hunt

South Beach Diet

The reason that fad diets are so popular is that they promise weight loss in short periods of time. Fad diets tend to work because they are very strict on the types of food that you cannot eat which can lead to you eating fewer calories than you usually would.

The South Beach Diet, also called a modified low-carbohydrate diet, is popular for weight loss. The purpose of this diet is to change your overall balance of the foods that you are eating to encourage a “healthier lifestyle”. It is lower in carbs and higher in protein and healthy fats while encouraging you to limit unhealthy fats as well as regular exercise to help boost your metabolism.

Broccoli Chicken Dijon:

Serves 2



Photo Courtesy of Pixabay.com

Ingredients:

- ¼ cup reduced sodium chicken broth
- ½ tablespoon light soy sauce
- 2 cups broccoli florets
- ½ garlic clove
- ½ tablespoon olive oil
- ½ lb. boneless skinless chicken breast
- 1 tablespoon Dijon mustard

Directions:

1. Mix chicken broth and soy sauce; set aside.
2. Cook and stir broccoli and garlic in hot oil in large skillet on medium-high heat until crisp-tender.
3. Remove from skillet; cover to keep warm.
4. Add chicken to skillet; cook and stir 3 to 4 minutes or until cooked through.
5. Add broth mixture; mix well.
6. Bring to boil.
7. Reduce heat to medium-low.
8. Stir in mustard until well blended.
9. Return broccoli mixture to skillet; mix lightly.
10. Cook until heated through, stirring occasionally.

This South Beach friendly recipe is great if you have tight budget and can be ready in less than 30 minutes. This simple recipe is a great energy booster as well as can be easily adjusted to the right amount of servings that you want to make.

Recipe adapted from: Mindi Bunch

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Myth Busted: Fad diets create sustainable and healthy change.

Fact: Fad diets rarely create sustainable change, as these diets are often difficult to maintain.

To live a healthy lifestyle, it is not necessary to partake in any “diet”. Rather, it is more important to incorporate whole, nutrient dense foods from various food groups, honor hunger, and respect fullness by eating mindfully.

Baked Mahi-Mahi Tacos: Serves 2



Ingredients:

- 1 Mahi-Mahi filet
- 2 corn or flour tortillas
- ½ cup shredded lettuce
- ½ avocado
- ¼ cup plain Greek yogurt
- 1 Tbsp water
- ¼ tsp paprika
- Pinch of crushed red pepper
- Pinch of salt or salt-free blend

** To create a well-balanced meal, it is recommended to add a side of vegetables that you enjoy to this meal.

Directions

1. Bake the thawed Mahi-Mahi filets at 350 degrees for about 30 minutes (or until flaky).
2. While the fish filets are baking, mix the Greek yogurt and water in a bowl.
3. Place shredded lettuce, baked fish filet (sliced), and avocado in each tortilla.
4. Drizzle the yogurt and water mixture over each taco.
5. Top each taco with paprika, crushed red pepper, and salt.
6. Enjoy!

Recipe adapted from: <https://www.jaroflemons.com/baked-mahi-mahi-tacos/>

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Current Fad Diets: What you need to know.

Food-specific fad diets rely on the myth that specific foods have special properties that can cause weight loss or gain - but no food can. These diets do not teach healthy eating habits; therefore, you won't stick with them for very long. Sooner or later, you'll return to your normal eating habits and gain back all (if not more) of the weight you lost while on the fad diet. Fad diets will not result in long-term weight loss because these diets do not promote healthy and sustainable lifestyle patterns.

This can be accomplished by making positive changes to both eating habits and physical activity patterns.

Balsamic & Parmesan Roasted Cauliflower

Serves 2



Ingredients

- 4 cups 1-inch-thick slices cauliflower florets, (about 1 large head; see Tip)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- ½ cup finely shredded Parmesan cheese

Directions

1. Toss cauliflower, oil, marjoram, salt, and pepper in a large bowl.
2. Spread on a large rimmed baking sheet lined with parchment paper and roast until starting to soften and brown on the bottom, 15 to 20 minutes.
3. Toss the cauliflower with vinegar and sprinkle with cheese.
4. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Recipe adapted from:
<http://www.eatingwell.com/recipe/251947/balsamic-parmesan-roasted-cauliflower/>