

<b>FAD DIET</b>	<b>Claim</b>	<b>Author's Background</b>	<b>Missing Nutrients</b>	<b>Negative health Implications</b>	<b>Scientific Evidence</b>
ATKINS	Says carbs make you fat.. Advocates a high saturated fat diet. No portion control. Restricts fruits, vegetables, and whole grains!	Dr. Atkins was a medical doctor & had no formal training in nutrition.	Carbohydrates Vitamins Minerals Fiber	May increase risk for heart disease & cancer. Poor long-term weight control. Reduced athletic performance. May cause Gout, kidney stones, osteoporosis, fainting, & bad breath.	It has not been proven scientifically to help with long-term weight loss and is mostly supported by testimonials.
PROTEIN POWER	A high protein , low- carb diet, the book claims the body has no need for carbs, therefore, they should be avoided	Authors Michael and Mary Eades are medical doctors with NO formal training in nutrition	Carbohydrates Vitamins Minerals Fiber	May add stress to kidneys & increase risk for heart disease. May also experience fatigue, weakness and irritability	No scientific evidence. Claims success through testimonials & book sales!
THE ZONE	Claims carbs make you fat. It says most of our bodies over produce insulin when we eat carbs. Does promote exercise.	Author Barry Sears has a Ph.D. in biochemistry and NO formal training in nutrition.	Carbohydrates Vitamins Minerals Fiber	Takes pleasure out of eating by regarding food as a medicine prescription. Also may experience fatigue, weakness, & irritability	Not proven scientifically & is supported by testimonials & poorly conducted studies
South Beach Diet	3 Phases of carbohydrate restricting. First phase is very low- carb. Has a good food bad food lists. Eliminates certain healthy foods.	Written by Cardiologist Arthur Agatston.	Carbohydrates Vitamins Minerals Fiber	Induces Ketosis May cause kidney problems. Relies on glycemic index theory. Does not promote realistic eating habits during phase 1 & 2. Fatigue, weakness & irritability.	There has been mixed research done on diet. Mostly supported by testimonials.

Source: Wheat Food Council and Washington State Dairy Council.

The National Weight Control Registry is a study that included 4,000 people who had lost a significant amount of weight and have kept it off for an average of 5 years. Here are four common habits registry members do to keep the weight off:

**Eat Breakfast.** – Eating breakfast helps curb hunger later in the day and keeps your metabolism going.

**Follow a balanced diet.** This means including adequate amounts of fat, carbohydrates and protein. No food eliminating or restricting!

**Self-monitor.** Most members keep a food journal.

**Exercise.** 91% do regular physical activity, typically an hour a day.

*Source: American Journal of Clinical Nutrition, 1997, 66 239-246*

This year try to make peace with food once and for all without rigidly counting calories or fat grams, and yet still honor health. Here are some more tips to get you started:

- ⇒ Throw out the guilt and not the food.
- ⇒ Eat what you really want or you will be on the prowl
- ⇒ Don't push away your feelings with food
- ⇒ Equate feeling good with exercise, instead of weight loss
- ⇒ Fat free is not automatically good nutrition
- ⇒ Stop body-bashing
- ⇒ Discover your fullness threshold
- ⇒ Say good-bye to dieting forever
- ⇒ Adjust your food attitude.

*Adapted from Intuitive Eating: A Recovery Book for the Chronic Dieter by Evelyn Tribole and Elyse Resch*

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