



Fad Diet Hazards

A quick list of things to avoid when contemplating adopting a new eating pattern or lifestyle change.

- Any promises of quick weight loss - if it sounds too good to be true then it usually is.
 - 1-2 pounds per week is healthy and sustainable weight loss
- Eliminating entire food groups - can lead to binge eating cycles, or nutrient deficiencies.
- Extreme restriction (of calories or macronutrients) - can lead to bone or muscle loss, electrolyte imbalance, and nutrient toxicities.
- Claims of detoxification or cleansing - the body's organs naturally "detoxify" the body on a daily basis.

Many people follow diets for reasons other than weight management: religious beliefs, food intolerances, and support of animal rights, to name a few. However, any weight loss plan that requires the exclusion of food groups or severe limitations of specific nutrients is suspect.