

The Truth about Fad Diets

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We know all about celebrities who shun carbs, thin friends “too busy to eat” and miracle weight loss pills that promise a bikini body in two weeks. Sometimes we justify the trade-off: We’ll be a little unhealthy if it means we’ll lose weight. But do fad diets and weight loss trends even work?



Myth # 1: Low-Carb, High Protein (Atkins, Zone, South Beach) diets are a healthy way to lose weight. Fat loss will come naturally.

Fact #1: “Low-Carb Diets” often include too much fat and cholesterol, and too little fruits and vegetables. This type of diet increases your risk for heart disease. These diets are not helpful for long term weight loss. While cutting back on all the carbohydrates may help you lose weight initially, the chances of maintaining the weight loss are slim due to the restrictive nature of the diet.

Myth # 2: Remember the **Grapefruit Diet**? It claims that there is an enzyme in the grapefruit which acts as a ‘fat-burner’.

You are required to eat grapefruit or drink its juice with every meal. Protein rich foods are permitted. It also entails drinking at least eight glasses of water everyday.

Fact # 2: No foods burn fat. Some foods with caffeine may speed up your metabolism, but they do not cause weight loss. You burn fat by being physically active.

Myth # 3: Lemonade diet. You have to stay away from solid food. You cannot consume plain water. You have to take water mixed with lemon, maple syrup and cayenne pepper. You need to drink six to twelve glasses of this lemonade mixture daily. If you feel hungry, have another glass of lemonade. Watch the pounds shed off!

Fact # 3: This is a drastic reduction in calories, which may lead to weight loss. However, that weight loss may be short-lived. When you drastically reduce the amount of calories you consume, your metabolism slows to conserve energy.



Myth # 4: The detox diet promises to flush poisons from your body, purge pounds of excess fat, clear your complexion and bolster your immune system.

Fact # 4: The detox diet has been around for years claiming it can rid the body of toxins. Your body does a perfectly good job of getting rid of toxins on its own. Also, staying on the detox diet for fat loss leads to muscle breakdown, and a shortage of many needed nutrients. Depriving our body from vitamins and nutrients will actually weaken our immune system.

Myth # 5: The Hollywood Diet will reduce weight by 10 pounds in 48 hours. Its duration is two days. You have to consume a special juice. You are prohibited from drinking or smoking. The juice is a mixture of vitamins, minerals, antioxidants and essential oils.

Fact #5: If it sounds too good to be true, then it most likely is. Ten pounds in two days is extremely unrealistic and unhealthy. According to the nutritional information found on the official Hollywood diet site, 4 oz. of juice contains 100 calories. This means that the diet involves consuming only 400 calories per day.

Myth # 6: Diet Pills (Xenadrine, HydroxyCut, etc). These pills claim to burn fat and help you lose more weight than dieting alone.

Fact # 6: In the end, these are just **caffeine pills**. Although most of us consume some form of caffeine on a daily basis, high amounts of it can cause some dangerous side effects.

Any weight you will lose could easily be attributed to increased physical activity initiated by the caffeine. Caffeine also acts as a diuretic and many of the initial pounds lost would thus be water weight.



The question you most likely have is, “what should you I do for weight loss?”. In the end, following a healthy and well balanced diet along with plenty of physical exercise is the **only best** way to lose weight. In this matter there is no really shortcut. There are many fad diets that claim to drop pounds, and create miracle weight loss. The truth is, they may help initially, but restricting the body and mind from things we crave will evidently lead to failure. A thumb rule is if you want to start losing some weight, start by cutting small things out of the diet. For example, chose water over a soda. Little changes that we take on slowly, lead to more permanent weight loss that is manageable and realistic. Remember to consult your Doctor before beginning a new exercise.