



# **FAD DIETS AND NUTRITION FOR WEIGHT LOSS**

## YOUR NUTRITION PLAN: KEY QUESTIONS YOU SHOULD ASK

- Does the program integrate physical activity?
- Does the program account for personal preferences based on lifestyle and career?
- How fast does the program encourage weight loss or muscle gain?
- Does the program help change negative behaviours into positive behaviours?
- What kind of professional support is provided?
- What kind of maintenance program is provided?

- **THE ZONE** BARRY SEARS PHD



This is a diet that stresses low-carbohydrate, high-protein eating (focusing on lean meat, chicken, fish, non-starchy vegetables and certain fruits).

## TOP SELLING DIETS

### - THE NEW ATKINS DIET REVOLUTION

ROBERT C. ATKINS, MD

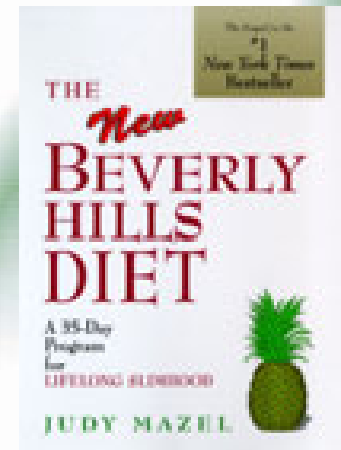
This plan is based on the thinking that overweight people do not overeat but have a disturbance in carbohydrate metabolism. When carbohydrates are severely limited, the body burns its own fat and hunger is suppressed (5% carbohydrates, 35% fat and 60% protein).



## TOP SELLING DIETS

### - THE NEW BEVERLY HILLS DIET JUDY MAZEL

This is a 35-day plan to lose weight through consuming low-calorie produce and eating food in specified combinations (eating protein with protein, carbohydrates with carbohydrates and fat with either, but not combined). Followers consume 1500 calories daily.



## FINAL WORD ABOUT FAD DIETS

**It is suggested that you avoid fad dieting.** Nutrition plans must be designed to meet specific energetic and metabolic requirements of individuals depending on his/her activity level. E.g. nutritional requirements for marathon runners are very different than those for people trying to put on muscle.

- Carbohydrate-restricted diets may sap your energy and take away from your exercise performance.
- Protein-restricted diets cause a decrease in muscle cell turnover and muscle breakdown (catabolism). Low-protein diets are not recommended if you want to undertake any exercise program.
- Fat-restricted diets that notably cut fat intake are usually healthy; however it is unhealthy to drastically reduce levels of unsaturated fat. Fat acts as a carrier for the four fat soluble vitamins (A, D, E, and K) and it helps to cushion your kidneys, liver and nerves.

## FINAL WORD ABOUT FAD DIETS

Calorie-restricted diets may result in the body not being able to get sufficient energy to carry on vital functions such as circulation, respiration and digestion. It is also unlikely that full vitamin and mineral replacement would be attained if caloric intake is drastically reduced.

N.B. Some individuals may need to see a doctor to determine that nothing is physically wrong and that he/she is able to lose weight and able to begin an exercise regimen. For example, some individuals may find that they are “insulin resistant” and may not be able to lose weight in a normal fashion.

## BOTTOM LINE

**YOUR DIET MUST BE TAILORED TO  
SUITE YOUR SPECIFIC NEEDS AND  
GOALS**

