

Fad Diets

Weight loss plan that promises **quick** results and usually promotes a **temporary** nutritional change

✘ quick

✘ temporary

Keto

Low-carb, high in fat & protein

- Popular due to quick weight loss
- Body needs carbs
- Ketoacidosis
- Decreases kidney function

Weight Watchers (WW)

Paid program that operates on a point system

- Causes feelings of right and wrong, leads to guilt
- Encourages skipping meals to be able to "afford" treats

Intermittent Fasting

Variety of forms, all restricting when eating is allowed

- Ignores body's hunger/fullness cues & individual schedules
- Only causes weight loss from calorie restriction, nothing to do with timing

Dairy-Free / Gluten-Free

Elimination of a food group or ingredient without a medical/allergy need

- Unnecessary restriction
- Decreased nutritional value
- Substitutes can have more added sugar, less nutrients

A sustainable diet will...

- Allow you to eat when you are hungry.
- **Not** completely restrict or cut out any food, food group, or ingredient.
Moderation is key!
- Make you feel energized and satisfied.
- **Not** make you feel guilty or shameful.
- Be reasonable for your lifestyle.
- **Not** take away the pleasure and enjoyment of eating.