Southern University and A&M College System

AGRICULTURAL RESEARCH AND EXTENSION CENTER

UTRITION NIBBLES

FAMILIES FIRST: NUTRITION EDUCATION AND WELLNESS SYSTEM

FAD DIETS and BOGUS HEALTH CLAIMS

Despite claims, there are no magic bullets or effortless ways to lose weight. The only way to lose weight is to lower caloric intake and/or increase physical activity. Claims for diet products or programs that promise weight loss with little effort are bogus. And some can even be dangerous.



Magic or miracle foods that burn fat. Foods don't burn fat — they create fat when we eat more than we need.

Bizarre quantities of only one food or type of food, such as eating only tomatoes or beef one day or unlimited bowls of cabbage soup or grape-fruit.

Rigid menus. Many diets set out a very limited selection of foods to be eaten at a specific time and day, exactly as written.

Specific food combinations. Some foods taste good together, like the classic "soup and sandwich," but there's no scientific evidence that eating foods in certain sequences or combinations has any medical benefit.

Rapid weight loss of more than two pounds a week.

No warning given to people with diabetes or high blood pressure to seek advice from the physician or healthcare provider.

No increased physical activity. Simple physical activities, like walking or riding a bike, are one of the most important ways to lose weight and maintain weight loss.

How to Lose Weight And Keep It Off

- Become physically active.
- Follow the Dietary Guidelines for Americans.
- Include at least five servings of fruits and vegetables in your diet each day.
- Emphasize fruits, vegetables, grains, fat-free and low-fat dairy products, lean meat, fish and poultry.
- · Plan your meals.
- Examine your eating habits.
- Eat breakfast.

A healthful diet rich in fresh fruits and vegetables combined with regular physical activity can help most people manage and maintain weight loss for both health and appearance.

Nutrition Nibbles

