

5 Reasons to Forgo Fad Diets



By Katie Ferraro, MPH, RD, CDE



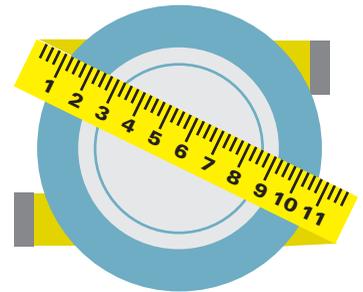
Water Weight Is Not Fat Loss.

The initial weight loss with most fad diets consists of water weight. It is easily gained back—and then some—when normal eating is resumed.



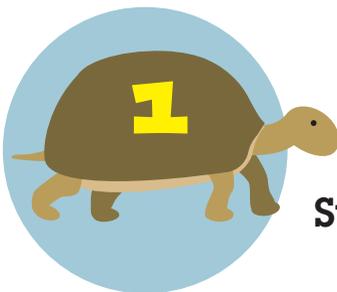
Carbs Are Still King.

Glucose is your body and brain's preferred energy source. Healthy sources of carbohydrates, like fruits, vegetables and whole grains, are optimized to fuel your body. Keep in mind: Nobody ever got fat off of raw veggies!



Your Diet Shouldn't Deprive You.

To truly follow some of the craziest fad diets out there, you would never be able to eat at a restaurant or enjoy food at a social event. The way you choose to craft a healthy diet should fit into the context of your real life, rather than being a barrier to living a full life.



Slow and Steady Wins the Race.

Research indicates that 1–2 pounds per week is the optimal rate for sustainable weight loss. Your friends may be losing over 5 pounds per week, but they will likely regain that, and more.



The Scale Isn't All That Matters.

When you eat right, and exercise more, not only does your weight drop, but other metabolic measurements, such as blood pressure, cholesterol levels and blood sugar, improve. A fad diet might help you shed pounds quickly, but if it's raising your cholesterol and stressing you out, the weight loss isn't worth it.

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