Forget About Diets

We have all seen the infomercials: “Lose Eighteen Pounds in Four Days,” “Burn Fat While You Sleep,” “Never Exercise Again.” Sound familiar? Companies promise their methods will provide miraculous results, but what are you really spending your time and money on? Success attributed to these fad diets is generally temporary, as most dieters regain their lost weight. More importantly, these fad diets can wreak havoc on your health.

Is it a Fad Diet?

1. Does the diet restrict or eliminate entire food groups such as carbohydrates or fat?
2. Does the diet focus primarily on extreme caloric restriction?
3. Does the diet guarantee fast weight loss (more than 2 pounds per week)?
4. Does the diet allow unlimited quantities of a specific food while restricting “bad” foods?
5. Does the diet minimize the role of exercise as a weight management aid?
6. Does the diet require you to take supplements and pills?
7. Is the diet promoted by celebrities that make it sound too good to be true?

If you answered YES to any of these questions, WATCH OUT!—It is most likely a Fad Diet.

Shift the Focus from Weight Loss to Health Gain:

Personalize Your Plate: Sticking to a healthy plan is much easier when you actually enjoy what you’re eating. Next time you’re in the dining hall, try baked fish with brown rice and fresh sautéed veggies for a delicious and nutritious dinner.

Incorporate Exercise: Exercise has numerous health benefits above and beyond weight loss. College students should get a minimum of 30-60 minutes of moderate activity per day.

Get Your Zzz’s: Sleep helps us control our appetites by aiding in regulation of the hormones ghrelin and leptin. Being sleep deprived can result in eating more, which can lead to weight gain. Try getting at least 7 to 9 hours of sleep per night to help regulate your body weight.

Don’t Skip Breakfast: Studies show eating a balanced breakfast helps you maintain a healthy weight. Start your morning at the dining hall with an omelet and a side of fresh fruit or a make-your-own parfait with fruit, Greek yogurt and granola.

Switch to Water: Choose water or seltzer over sugary drinks. Un-sweetened iced tea with lemon or seltzer is a refreshing alternative if you’re not a fan of plain water.

The Good, The Fad, and The Ugly

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