

## (Fad) Diets Don't Work Long Term; Here's What Will

If you're tired of gaining and losing the same ten to twenty pounds or more, maybe you are ready for a "new" approach. Unfortunately, it's not glamorous, sexy or exotic but it will work, and will make you feel a lot better if you stay with it and learn to tune into your inner signals.

The new approach? Eat fewer calories at every meal and exercise most if not all days of the week.....and do this for the rest of your life. If this sounds harsh, it's really not. It's more about finding a style of eating less every day, one that you can do indefinitely (hint: including lots of fruits, vegetables, and whole grains can help), and a form of physical activity that you enjoy enough to do almost every day.

Regular monitoring and accountability will also help: conspire to exercise daily (if possible) with a friend or group and write things down in a food and activity journal or calendar. Use your favorite jeans as a guide – if they start to get tight, it's probably time to cut back on your portion sizes or increase your exercise (or both).

(It is best to see your Dr. or health professional for consultation before starting an exercise program.)



## How to Spot a Fad Diet in 30 Seconds or Less...

Here are some obvious clues that a diet is a "fad" rather than a recommended approach for weight management:

1. *It sounds too good or easy to be true.*
2. *Promises rapid weight loss (5-10 pounds in a week) or "miracle cures."*
3. *Allows only certain foods or food groups (cutting out others).*
4. *Promotes a product, special herb, vitamin or other compound.*
5. *Can only be "followed" temporarily but is not supervised by a doctor.*
6. *It's hard to imagine or difficult to follow the diet forever.*
7. *It doesn't recommend a form of exercise or says that it's unnecessary.*
8. *Warns that one food or food group will make you seriously ill or worse.*
9. *Makes recommendations based on published science that are not endorsed by credible organizations or peer reviewed by other scientists.*
10. *Cites research that is preliminary, based on animals or has very few subjects.*

Check out our Fad Diet Toolkit for more tips and info at <http://www.wheatfoods.org/node/857#node-857>