



How to Know if a Weight Loss Diet is a Fad or (Potentially) Fabulous

Weight loss diets abound, yet Americans continue to put on the pounds. And for every added pound, there is a new “sure cure” diet fix, promising to solve your weight management problems (today!) Here are questions to ask to help determine if today’s hot diet is a smart, healthful way to permanently lose weight... or just another in a long line of fad diets:

- Does the diet promise fast weight-loss, as in more than a pound or two a week?
- Does the diet forbid a certain food or ingredient, or suggest that you eat a lot of one or two things? If so, beware! Total elimination diets won’t help with permanent weight loss; same with diets that focus on one food item.
- Does the diet have you replace meals with a specific product, like powder drinks or energy bars? If so, that’s a diet that is concerned more with selling something, rather than your health!
- Does the diet require you to drastically cut back calories, making you feel like you’re starving yourself? No way that this is a healthy, or helpful, weight-loss diet!
- Is the diet promoted by user stories, or celebrities, rather than based on science? Safe, effective weight loss diets should suggest that you discuss it with your doctor or a dietitian.

