

Fad Diets

Most people have experienced the crazy cycle of dieting. Trying new diets, wanting to lose weight as quick as possible, losing weight but then going back to 'normal' eating habits, then putting all the weight back on, plus more. Fad diets, we are surrounded by them. The diets that promise rapid weight loss or crazy health advantages, usually without any or limited scientific backing.

They are often very restrictive not only in calories but can also cut entire food groups. And although you may lose weight quickly, it will most likely be water and lean muscle, not body fat, not the result you want from weight loss.

So what do you need to look out for? If it promises rapid weight loss in a short amount of time. If a diet sounds too good to be true, it probably is. If it limits your food choices or food groups. If all claims are based on before and after photos. It may be tempting to give in to the promise of fast, convenient weight loss but in the long term, I promise you it will not be worth it.

Why? Because most of these diets are not sustainable long term. The best way to lose weight with the goal of keeping it off is to find an eating plan that is sustainable. A lifestyle change, not a 6 week diet. Your best bet, go back to basics and eat a well-balanced diet with moderate amounts of all food groups. This is the way to get long term weight loss success and is the healthiest way to eat. Eat plenty of vegetables of different colours. Eat a variety of fruit.

Include carbohydrates (wholegrain options), lean proteins and dairy (skim is best). And add a moderate amount of healthy fats such as nuts, olives and avocados. Limit your intake of refined sugar, processed foods and alcohol.

Changing your diet plan may seem hard to start with but it will become very simple once you see how easy it is when you don't have rules and restrictions on the ways you eat. When you combine a healthy, well balanced eating plan with regular exercise, the weight will drop, you will have more energy, you will feel healthier, sleep better and your life will change. The best thing about it, you can do it forever. Its sustainable!!! If a diet promises rapid weight loss or health advantages, restricts calories or food groups or has unrealistic rules around what to eat and when, it is a fad diet and will lead to more damage than good both for healthy and long term weight loss. Remember... healthy, well balanced diet is the best way to diet.