Fad Diets
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Fad Diets

A popular weight-loss method that is not based on sound nutrition principles
Weight Loss Diet Plans

- Multi-billion dollar industry
- New diets plans are constantly being developed
- Popular for short time
- Often based on misinformation
Yo-Yo Dieting

- May lead to weight loss for short while
- Create unhealthy habits
- Weight is regained
Claims

Steer clear of any diet plans, pills and products that make the following claims:

- Rapid Weight Loss
- Quantities and Limitations
- Rigid Menus
- No Need to Exercise
- Specific Food Combinations
Fad Diet Timeline

Click on link
References and Resources

Images:
- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

Website:
- Academy of Nutrition and Dietetics
  The world's largest organization of food and nutrition professionals
  [www.eatright.org](http://www.eatright.org)