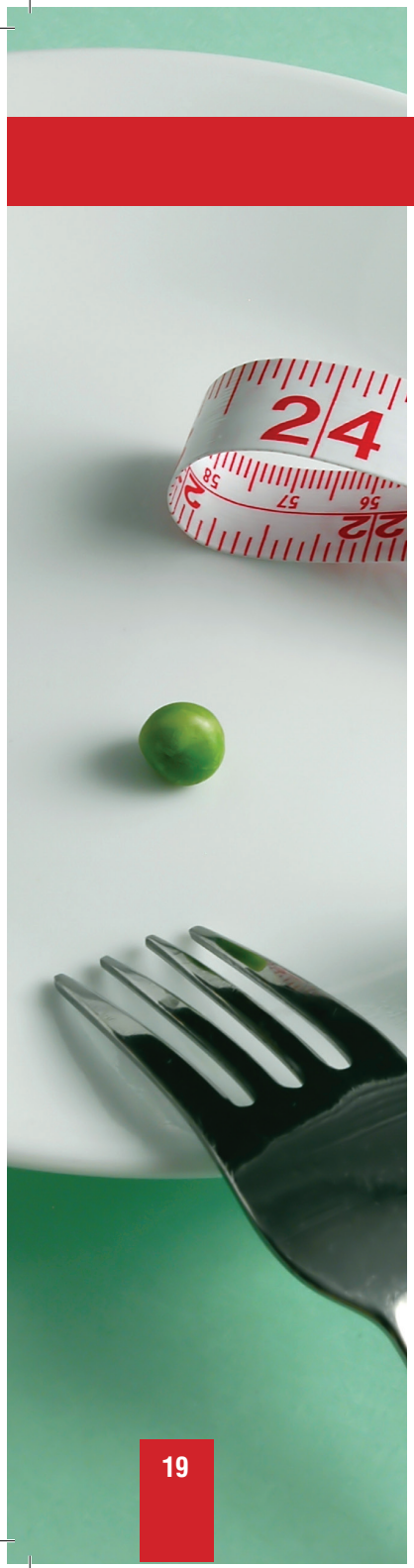
Session 9 – Fad Diets



I. Objectives

- Learn the definition of a fad diet
- Understand the health concerns associated with fad diets
- Understand the importance of a healthy lifestyle change

II. Introduction

At any given time approximately 60% of Americans are either trying to lose weight or control their weight. Most Americans are attempting to do this by two methods, increasing physical activity and diet plans.

To lose and maintain a healthy weight you must have a change in your "manner of living." As new diets continue to appear almost weekly, before you decide to try them ask yourself if this is really a "change in your living," or just another fad diet.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

Fad diets are a short–term solution to a long–term problem. They are unhealthy and unsafe. Most of these types of diets never address the need to develop healthy eating habits or include regular physical activity. A healthy eating plan should include well-balanced, low fat, high fiber foods you enjoy. Unfortunately, many of the current fad diets encourage the exact opposite and suggest you eat foods that are high in protein, high in fat, and limit or eliminate carbohydrates.

Our bodies need different nutrients, vitamins, and mineral and no one food or food group contains them all. This type of diet can have both immediate as well as long-term health risks. Weight loss is a gradual progression. Remember that being overweight doesn't happen overnight and neither does weight loss.

Health Risks of Fad Diets

Fad diets can have both immediate and long-term health risks such as:

Immediate Health Risks

Nutrient deficiencies – due to lack of variety and balance you may not be getting the proper amount of fiber, vitamins, and minerals needed to fight off disease and maintain good health.

Constipation – There is also the increased risk for constipation and other stomach problems because of the lack of fiber.

Long Term Health Risks

Heart Disease – Increased risk for heart disease due to the increased intake of foods high in animal protein, which increase cholesterol and saturated fat levels.

Cancer – Increased risk for cancer due to lack of fiber (eliminating or limiting grains, fruits and vegetables.)

Osteoporosis – Increased risk for osteoporosis because of the excess protein from animal sources that may cause an increase in calcium loss in the urine.

Kidney Disease – Increased risk for kidney disease. The excess protein also places an additional burden on your kidneys and forces them to work harder.

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V. Activity



You need a balance of nutrients. List one healthy Protein (fish, beans, skinless chicken, lean meat), Fat (avocado, nuts, vegetable oil, fish) and Carbohydrate (vegetables, fruits) you ate every day this week.

Weekly Log: Weight

Day	Foods
Monday	Protein Fat Carbohydrate
Tuesday	Protein Fat Carbohydrate
Wednesday	Protein Fat Carbohydrate
Thursday	Protein Fat Carbohydrate
Friday	Protein Fat Carbohydrate
Saturday	Protein Fat Carbohydrate
Sunday	Protein Fat Carbohydrate

