

How to Spot a Fad Diet



Every week there is a new “miracle” diet that promises big results in a short period of time with minimal effort. Fad diets are tempting as they may help you lose weight temporarily, but the pounds return once you stop the diet. You may see friends and family members achieve great results while following the diet. They might encourage you to follow a detailed book published by an expert with a PhD or MD that may list scientific references that seem to back up claims (however, may not be thoroughly reviewed). Sound familiar? Here are some clues to determine if a diet is a “fad” vs. an appropriate recommendation for weight loss:

- It sounds too good to be true.
- Promises rapid weight loss or “miracle cures.”
- Allows only certain foods or food groups (while eliminating others).
- Doesn’t encourage exercise.
- Makes recommendations based on scientific evidence without endorsement by credible sources or peer reviews.

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