

## Danger Signs of a Fad Diet

*Want to lose fat and gain muscle? Want to sustain a healthy weight? Don't know who to believe when it comes to testimonials and conflicting claims? These signs can help you spot a fad diet before a diet disaster happens. **Disregard pills, products, and plans that promise:***

### **Quick and Fast Weight Loss**

Slow and steady weight loss is more likely to last than rapid weight changes. A healthy plan sets a goal for a loss of no more than ½ to 2 pounds per week. Losing weight quickly means you'll lose muscle, bone and water, but only a little bit of fat.

### **Risky Ingredients**

Certain compounds in over-the-counter products can be extremely dangerous and fatal. Avoid all products containing ephedra ephedrine and Ma Huang (associated with heart attacks, nerve damage and sudden death).

### **Miracle Foods or Supplements**

There are no magical foods or supplements that melt the fat away. Nothing will burn your fat while you sleep, there are no miracle foods that change your genetics and there is no scientific evidence that points out that any food is addictive.

### **Strange Quantities and Limitations**

Be cautious of diets that allow infinite quantities of food, such as cabbage soup or grapefruit. Be wary of diets that eliminate food groups. Even with vitamins and supplements, you'll miss out on crucial nutrients.

### **Certain Food Combinations**

Eating the "wrong" combinations of food does not produce toxins or turn them into fat instantaneously. There is no evidence that suggests that combining specific foods or eating a certain time of day helps trigger weight loss.

### **Inflexible Menus**

Rigid meal plans can be a distasteful and overwhelming task. It is best to have a flexible eating style that helps you be your best in class, sports and life.

### **No Exercise Needed**

Highly unlikely. For permanent weight control and good health, regular physical activity is essential. Participate in activities that you enjoy for 30-45 minutes on most days of the week.

**For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at [Julie.Chobdee@ucr.edu](mailto:Julie.Chobdee@ucr.edu) or x2-1488.**