

# Fad Diets and Their Impact on Your Health

Ashton Webb

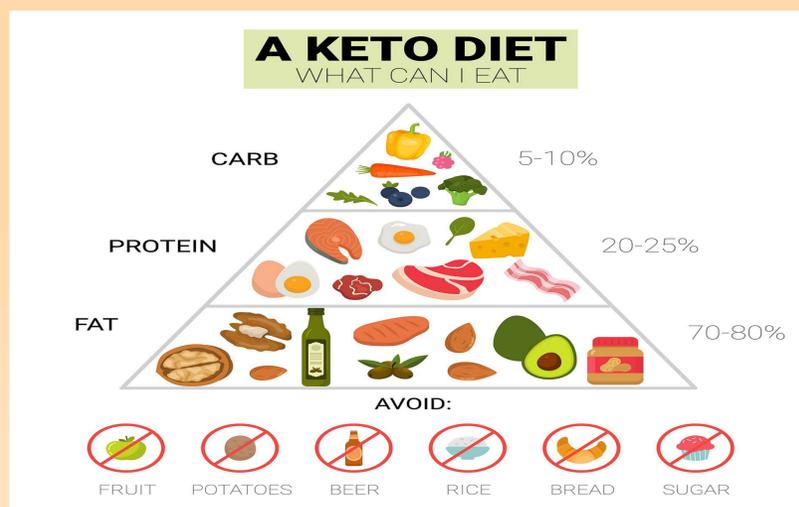
Dietetic Intern, The University of Tennessee at Martin

## Introduction

Fad diets claim to be the best and fastest way to lose weight and have grown in popularity in recent years. This is due to the rise in obesity, social media use and society's pressure to be thin. Yet some of these diets involves eliminating foods that contain necessary nutrients that your body needs to maintain good health. Successful weight loss is defined as losing weight and keeping it off for at least five years. This can be accomplished by making positive changes to both eating habits and physical activity patterns. Fad diets will not result in long-term weight loss because these diets do not promote healthy and sustainable diet and lifestyle habits. Food-specific fad diets rely on the myth that some foods have special properties that can cause weight loss or gain - but no food can. These diets don't teach healthful eating habits; therefore, you won't stick with them for very long. Sooner or later, you'll return to your normal eating habits and gain back all of the weight you lost while on a fad diet. Fad diets are not easy to spot and hide under false scientific claims. However, they are widely accepted by the general population.

## Ketogenic Diet

The ketogenic diet was originally used as a way of managing certain cases of childhood epilepsy and specific genetic metabolic disorders. This diet leads to a low intake of fruit and whole grains, and high intake of saturated fats. This diet also makes your body go into ketosis which is an abnormal process that occurs during starvation due to lack of carbohydrates. Ketosis can cause fatigue, constipation, nausea, and vomiting. Potential long-term effects of ketosis include heart disease, bone loss, and kidney damage.



## Intermittent Fasting

There are three main types. Alternate day fasting, 5:2 fasting, and daily time-restricted fasting. Alternate day fasting requires you to eat a normal diet one day and either completely fast or have one small meal of five-hundred calories or less the next day. 5:2 fasting requires you to eat a normal diet five days a week and fast two day a week. Daily time-restricted fasting requires you to eat normally but only within an eight-hour window each day. Intermittent fasting is safe for many people, but it's not for everyone. Skipping meals may not be the best way to manage your weight if you're pregnant or breast-feeding. If you have kidney stones, gastroesophageal reflux, diabetes or other medical problems, talk with your doctor before starting intermittent fasting.

## Vegan Diet

The vegan diet excludes all animal products. More people have decided to go vegan for ethical, environmental, or health reasons. Research has shown that vegan diets rich in plant-based foods are associated with lower LDL cholesterol, improved blood glucose, and improved blood pressure. There are a few nutrients that individuals following a vegan diet should be mindful to get enough of vitamin B12, calcium, iron, certain omega-3 fatty acids such as eicosatetraenoic acid (EPA) and docosahexaenoic acid (DHA).

## Impacts on Your Mental Health

Although some people may feel empowered in the early stages of a restrictive diet, this rarely lasts, as these diets are unsustainable which leads to feelings of failure. This can lead to yo-yo dieting and cycles of gaining and losing weight. Weight cycling has been linked with psychological issues such as: lower self-confidence, higher risk of depression and binge eating disorder. Being on a restrictive diet is often exhausting, so this can lead to fatigue and irritability which gets in the way of living a healthy lifestyle.

## Conclusion

If you have any health problems, ask your doctor before starting a new diet to make sure it's safe. We don't need to avoid food in order to have a balanced diet, what matters is the overall balance and variety in our diet. Therefore, everything is fine in moderation. Having a flexible mindset in terms of what you eat is also a key part of having a healthy and balanced relationship with food. Restrictive diets can impact your health. They can cause fatigue and tends to lead to irritability which can get in the way of living a healthy lifestyle. Add a variety of colors to your plate and think of it as eating the rainbow.



## References

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