



Welcome to the New Year and our first newsletter of 2006

As promised, in this issue of WAY OF LIFE you will find all the information you will ever need about the fad diets.

www.diatrofologos.com has done an extended research on all of these fad diets and gives you the facts. In general, some fad diets focus on one particular food or type of food. Other fad diets are fasting-type-diets and limited in duration to a few days. This is bad diet-nutrition.

The No 1. rule of good diet nutrition is:
Eat a balanced diet that includes a variety of foods

Fad diets may cause you to develop nutritional deficiencies, because no one type of food has all the nutrients necessary for good health. In particular, beware fad diets that promote "fat-burning" foods. There are no foods that have special "fat-burning" properties. Fad dieting can sometimes lead to weight-cycling or yo-yo dieting - i.e. weight loss, followed by regain, followed by weight loss then regain etc. New research suggests that such weight cycling may lead to obesity. So, avoid fad diets and fad dieting. Instead, pay attention to the Food Pyramid Guidelines and eat a balanced diet that includes foods from ALL food groups. Should you need professional help, sign up for one of the programs found at www.diatrofologos.com under [Nutrition Counseling](#) and we will take it from there.

FAD DIETS	DESCRIPTION	EFFECTS
Atkins Diet	Part of its popularity is the lure of eating foods previously forbidden to dieters. It allows unrestricted amounts of protein, including meats, eggs and cheese, but severely limits foods containing carbohydrates such as pasta, bread and fruit. This low-carbohydrate, high protein plan consists of 1200 to 1800 calories per day. Atkins claims that processed carbohydrates and overproduction of insulin are largely responsible for the	By eliminating carbohydrates and sugar, you drastically reduce calorie intake. Also, increasing the amount of protein in your diet may result in decreased food cravings and more rapid weight loss. However, eating unlimited amounts of fat, especially since this diet is high in saturated fat, can lead to an increased risk of heart disease and it causes the body to excrete extra amounts of calcium, thus it may cause premature osteoporosis. Restricting fruits, vegetables and whole grains in a diet may lead to

	obesity in people.	long-term health problems. Side effects include constipation (due to a low fibre diet), fatigue, nausea and potentially dangerous fluid loss.
South Beach Diet	Its glamorous title is its one claim to fame, but this diet promises quick weight loss without hunger cravings, and improved cardiovascular health. Just like the Beverly Hills diet, food combinations and separating certain foods is key to allowing the body to digest food properly. There are three phases, the first being the most restrictive for quick results and the last designed as weight maintenance for life. Moving back and forth between different phases is encouraged to suit individual weight loss needs.	Emphasizes the importance of whole grains, fruits and vegetables. Encourages three balanced meals and snacks if necessary. There is lots of flexibility in food choice. Uses glycemic index to encourage the consumption of certain types of carbohydrates, but this is not appropriate for everyone, such as those with diabetes. The dieter can get stuck in a phase and this can be unhealthy, causing deficiencies of several nutrients.
Cabbage Soup Diet	This easy-to-follow plan may be strict, but you can eat all the cabbage soup your heart desires. Designed more as a jumpstart to your diet, it recommends following the guidelines for seven days and claims that within this short time some people can lose up to 20 pounds. Dieters consume the vegetable-based soup and one other specified food every day.	You'll lose weight quickly due to extremely reduced calorie intake. However, the weight loss is not due to fat loss, but mainly muscle mass and fluid loss - both dangerous to health. This diet is temporary, so eventually you will have to learn healthy eating habits to maintain weight loss. Side effects can include feeling light headed and weak, and a decrease in the ability to concentrate. It's low in complex carbohydrates, proteins, vitamins and minerals essential for good health.
Scarsdale Diet Plan	Another medical diet that stresses a low-carbohydrate plan, Scarsdale claims you can lose up to one pound per day. The research is based on chemical reactions rather than portion control or counting calories. To be followed for seven to 14 days, the plan also encourages the use of herbal appetite suppressants.	There's no counting calories or grams of fat and no limit on portion sizes which is a plus. Weight loss occurs rapidly and is mainly fluid loss not fat loss. The diet is extremely low in carbohydrates, vitamins and minerals. all of which may be detrimental to health. There is a strict meal plan to follow. In addition, herbal appetite suppressants are dangerous for people with high blood pressure or heart disease.
The 3-day Diet	The 3-day diet is another low-carbohydrate diet and as the	The diet lists the foods you are required to eat. Due to its short

	name implies, it only lasts for three days. It is based on protein consumption combined with vegetables. It is very food-specific and it is used as a quick-fix diet.	duration, it's easy to follow and cannot do much damage to your health. It is very low in calories and the weight loss is mainly due to fluid elimination from the body. No permanent body image change is observed as you go back to your normal eating habits.
7-day all-you-can-eat Diet	This diet is a specified plan to be followed for 7 days. It allows for unlimited amounts of foods but it is very limited in the types of foods.	It is a very difficult diet to follow as it restricts many foods and allows only one to two specified foods per day. This is nutrient insufficient and may cause imbalance in the metabolic rate and definitely vitamin and mineral deficiencies. The low carbohydrate content also leaves you feeling tired and nauseated.
One-good-meal Diet	The most puzzling thing about this fad diet is that the One good meal is exactly that: One good meal per week! It is a low-carbohydrate high-protein diet which is dangerously calorie restrictive.	As with any quick-fix diet, this plan is dangerously low in calories and very high in protein, which may cause heart problems, kidney disease, and premature osteoporosis. Nothing permanent is seen, other than a slower metabolic rate at the end of the plan.
Russian AirForce Diet	Another low carbohydrate high protein diet. It gives a specified eating plan that needs to be followed exactly as states.	The effects are the same as with all the other quick-fix low-carbohydrate high-protein diets. Nothing permanent. Just loss of good health. The Russians might have followed it but ... they lost the war.
Slim Fast Jump-start Diet	Slim-Fast is sold at drugstores everywhere and is advertised as being an easy, nutritious, convenient, economical, great-tasting, and flexible method of weight loss and maintenance. The basic plan uses two meal-replacement shakes, three snacks and one sensible meal to lose one to two pounds per week. Lifestyle changes are encouraged, such as exercise, an intake of 1200 to 1500 calories per day, and an emphasis on portion controls based on standard nutrition guidelines. Shakes are fortified with vitamins and minerals. Snack bars are also sold.	Their website has lots of information on lifestyle changes, exercise tips, healthy meals etc. The program is flexible enough to meet individual needs. The shakes offer balanced nutrition for just about anyone. However, not everyone enjoys the shakes. Repetition is boring and hard for some people to follow. Further, this meal replacement practice has been linked with a lower metabolic rate and there have been complaints about major stomach and intestine problems. Also, the digestive system seems to be slowing down the entire process of digestion, thus when normal dietary habits are resumed, the weight creeps back. There have been reported cases of vitamin deficiencies

		as not all the added chemically vitamins are absorbed by the body.
Grapefruit Diet	An old favourite, this diet suggests eating grapefruit before every meal because it contains enzymes that make our body burn fat for energy, resulting in quick and easy weight loss. There are many versions of this plan. Most meals also include protein, vegetables, coffee or tea.	You'll have no problem if you love grapefruit. Grapefruit is a great source of vitamin C and it's high in fibre. Sees fast results primarily due to loss of body water. The plan encourages drinking copious amounts of beverages with caffeine, which is detrimental to health. The dieter loses out on several important vitamins and minerals which again is detrimental to health. Lastly, the very low calorie diet is too hard for many to maintain and does not allow for permanent weight loss. Plus the claim that grapefruit is a fat burner is not universally accepted by scientific reports.
Cavemen Diet	We can learn a lot from our ancestors, according to the author of Neander-Thin. The Caveman diet claims that modern processed foods are to blame for obesity. From the creators of "Palaeolithic nutrition," this plan calls for a diet consisting of lean meats, fish, fresh vegetables, fruits, nuts, berries and seeds.	There is no denying that the elimination of processed foods means diets of whole foods, richer in vitamins and nutrients. However, this diet leaves out carbohydrates such as wheat and grains, proven to aid in good health. No scientific data says that complex carbohydrates are linked to obesity or certain diseases. Plus, it does not take into account the activities of the day and calorie expenditure comparison between cavemen and present day people.
Hollywood / celebrity Diet	Food combinations are the crux of this diet plan. It claims dieters will lose 10 to 15 pounds in 35 days by following specific rules such as eating fruit by itself, and never eating protein with carbohydrates in order for food to be properly digested and not stored as body fat.	No need to keep track of calories or grams of fat. Also, fatty treats are permitted. Weight loss occurs because the diet is extremely low in calories and comes about mainly by fluid loss. Science has revealed that our digestive tract can handle all sorts of food combinations thus the claims are uncalled for. Fat in the diet does not hinder absorption of nutrients. On the contrary some vitamins are fat soluble. It's low in protein, vitamins and minerals thus malnutrition occurs.
Mayo Clinic Diet	This diet is supposedly created by the infamous Mayo Clinic. No one knows the origin of this diet myth though. Over	Each year, Mayo Clinic is deluged with inquiries about the so-called Mayo Clinic Diet, versions of which have popped up around the world for

	the years, the supposed Mayo Clinic Diet has taken many forms; some push grapefruit, some eggs, some meat.	decades. The only problem -- none of these diets is associated with or has been endorsed by Mayo Clinic. They are "one-size-fits-all" diets which limit the variety of foods and promise dramatic weight loss. Be aware.
Blood Type Diet	Created by a naturopath, this diet dictates that your blood type should determine the foods you eat -- and which to avoid. It's based on the premise that each blood type has its own unique antigen marker that reacts in a negative way with certain foods, comparing the consumption of "off limit" foods with receiving a transfusion of mismatched blood.	Food recommendations are healthy such as lean sources of protein and several fruits and vegetables for all blood types. It offers a list of foods that can and can't be eaten, including guidelines for food amounts and meal times. However, it's unrealistic if meals are eaten as a family. The elimination of certain foods results in nutrient deficiency. Scientific research does not support the claim that blood type determines different responses to certain foods.
Pritikin Diet	Primarily a vegetarian diet, The Pritikin Weight Loss plan limits fat intake to 10-15 per cent of total calories and encourages consumption of very high volumes of complex fibrous carbohydrates. The claim is that human beings have a "Fat Instinct," a biological drive to over-eat high-fat foods and avoid exercise.	First developed as a way to treat heart disease, this diet focuses on the benefits of eating whole grains, fruits and vegetable. It definitely improves cardiovascular health. However, many people will find it difficult to give up animal and dairy products. It is very low in fat and this can be unsatisfying. May also lack vitamins and minerals if the person is not nutrition-oriented.
The Zone Perfect Diet	First you decrease the hunger, then the weight when you're Mastering the Zone. It asserts that many people suffer from insulin imbalances that cause them to gain weight. Carefully prepared meals follow a 40-30-30 ratio -- 40 per cent of calories from carbohydrates, 30 from protein and 30 from fat. This rationed way of eating causes the body to work within its peak performance, the zone, for maximum energy and weight loss.	Recommends lean protein sources, therefore, minimizes consumption of saturated fat. The ratio is not far from the typical diet. You lose weight quickly due to a very low calorie intake. Certain carbohydrates such as pasta, grains, fruit juices, starchy vegetables and bread are significantly reduced in portion size. Combination of foods can seem odd and unappetizing. It requires work to make each meal, thus this diet can not be a lifelong process. Plus, there is no scientific evidence proving that this type of eating is beneficial.
Chocolate Diet	With the breaking news that chocolate may be beneficial to our health, comes this fad diet.	The Chocolate diet acts as a vitamin replacement, supposedly to fight against heart disease, high blood

	It's definitely the tastier of all fad diets but...	pressure, as well as to replenish necessary nutrients. Chocolate supplements come in the form of solids and liquids. May cause vitamin deficiencies and can not be a permanent food plan.
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Should you have any specific questions or concerns, feel free to contact us at youcandoit@diatrofologos.com and we will address them in future newsletters.

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