



Fad Diets

Mary R. Stevenart, RD

Lunch and Learn Lecture Series

Diets, Food, and Americans: Love/Hate Relationship

- Americans spend over *\$50 billion annually* on diet related products and services
- 95% of dieters will regain their lost weight within 1 to 5 years
- 81% of ten year olds are afraid of being fat
- Approximately 7 to 10 million girls and women and 1 million boys and men struggle with eating disorders

Evaluating “Diets” from a Nutrition Perspective

- Does the diet suggest fast, easy, effortless weight loss?
- Does the diet claim calories do not count?
- Does the diet limit or exclude one food or whole food groups? Why?
- Does research support the diet’s claims?
- Does the diet impact cardiovascular health?

(Cont)

- Does the diet encourage or require you to ignore your body's hunger or fullness signals?
- Do you crave “forbidden foods?”
- Do you often feel guilty/virtuous based on what you eat or don't eat?
- Do you make value judgments about others based on what they eat or don't eat?
- Do you think about food/your weight often?

Recent Fad Diets

New diet plans have focused on:

- Glycemic Index
- Modified low carbohydrate
- Meal timing
- Eat more to weigh less
- Pleasure rules
- Eating psychology

Glycemic Index



Glycemic Index

Theory

- Sugar/Insulin resistance causes weight gain, diabetes, heart disease
- Focus on glycemic index – a measure of how quickly a food causes blood sugar to rise
- Little need to focus on calories, fat or sugar grams

Glycemic Index

Limit/Avoid (high GI)

White potatoes

White rice

White bread

Corn

Carrots

Beets

All refined sugars

Choose More (low GI)

Meats

Some fruits

Some vegetables

Dairy products

Whole grains

How does it rate?

Would you say the glycemic index includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + Fewer refined carbohydrates; **increased fiber**
- + Low GI foods *tend* to be nutrient dense
- Low GI diets do NOT lead to greater weight loss when added to low calorie plans
- **GI is a poor indicator of overall nutritional value**
- GI is of limited use in free-living subjects
- No eating psychology

Modified Low Carbohydrate (South Beach)

Theory

By eating the “right” fats and “right” carbohydrates, you will lose weight

This diet will change your body and blood chemistry

A three-phase program leads you through:

- Banishing your cravings
- Reintroducing carbohydrates
- A diet for life

South Beach Diet – Phase I

Foods Consumed

Lean meat, poultry, fish
Non-starchy vegetables
Eggs and egg whites
Cheese – low fat, fat free
Nuts/nut butters
Tofu
Canola and olive oil

Foods Avoided

Fatty meats, cheeses
Starchy vegetables
Beans and legumes
Fruits
All grain-based foods
Dairy
Sweets, Alcohol

South Beach Diet – Phase 2

Foods Added

Low GI fruit
Skim milk/yogurt
Use whole grains sparingly
Some legumes
Sweet potatoes
Fat free pudding
Red wine

Foods Avoided

Refined grains
Sweets
White potatoes, rice
Beets, carrots, corn
High GI fruit

South Beach Diet – Phase 3

- In Phase 3, it is believed the dieter has learned the necessary food lists to create a healthy, lifelong meal plan
- Foods are more liberalized
- Dieters can go back to the first 2 phases as needed

How does it rate?

Would you say the South Beach Diet includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + Recommends 1-2 lb loss/week after Phase 1
- + **Recommends heart healthy fats and lean proteins**
- + Includes whole grains in later phases
- Research does not support the need for Phase 1
- Urged to eat “**whether you want to or not**”
- **Avoiding certain foods** can INCREASE cravings
- Fiber intake can be very low, esp. in Phase I

The 3-Hour Diet

- Eat the “right foods” every 3 hours
- Emphasize balance of carbs/pro/fat at each meal with small snacks in between
- Journal to make sure you stay on track
- Small portion sizes:
 - ½ an English muffin
 - ½ cup cooked oatmeal or pasta
 - 6 almonds
 - 10 peanuts

How does it rate?

Would you say the 3-Hour Diet includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + Recommends slow, gradual weight loss
- + **No food/food group eliminated**
- + Chapter on **overcoming emotional eating**
- + 28 Day Journal included
- Research on meal timing is inconclusive
- Metabolic effects of muscle tissue overstated
- Supplement recommendations unwarranted
- **Eat regardless of internal hunger signals**
- Asked to schedule your life around your eating

Eat More to Weigh Less



Volumetrics: Feel Full on Fewer Calories

by Barbara Rolls, PhD and Robert Barnett

Why?

- People average the same amount of food in grams daily, regardless of calorie content
- Assigns common foods/beverages an energy density (ED) score (calories per gram)
- Clear descriptions of macronutrients (Carb, Pro, Fat and others) and their functions

Volumetrics

- High volume/low calorie foods are physically and psychologically satisfying
 - Perception, senses, stretch receptors, etc.
- Make foods more volumetric by adding:
 - Water
 - Fiber
 - Air
- Work with “sensory-specific satiety”
- Become more physically active

Volumetrics

Choose More (low ED)

Fruits and vegetables

Skim and lowfat milk

Broth-based soups

Cereals with lowfat milk

Lean meats, beans and
legumes

Cooked grains

Lowfat mixed dishes

Choose Less (high ED)

Meats and whole milk
cheeses

High-fat mixed dishes

Regular salad dressings

Butter, margarine & oil

Chocolate, candy & cookies

Chips, pretzels, crackers, &
dense cereals

How does it rate?

Would you say the Volumetrics Diet includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + **Sound, research-based nutrition recommendations**
- + Excellent explanations of insulin, sugar, fiber, GI
- + Tasty recipes/meal suggestions
- + Refers to importance of **psychological aspects** of eating
- Heavy emphasis on *fullness* w/ one chapter on *satisfaction*
- **Meals may be too low in protein/fat/calories**
- Little provision for natural variations in appetite
- ED of limited value in light of typical units of food

French Women Don't Get Fat

by Mireille Guiliano

- We don't get enough pleasure from eating
- We eat alone, we feel guilty, we snack between meals, we eat fake foods
- Begin by recording food choices for a few weeks
- “Recast” – make small manageable changes to balance eating habits
- Jumpstart your program with a “Magical Leek Soup” weekend

French Women Don't Get Fat

- Eat seasonally and prepare your own meals
- Shop for food several times a week (or daily)
- Eat slowly while sitting – with others if possible
- Eat 2 small portions of plain yogurt daily
- Drink more water
- Don't keep your “offenders” around
- Keep an emergency snack on hand
- Walk more!

How does it rate?

Would you say the French Women Don't Get Fat Diet includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + Entertaining departure from most diet books
- + Pleasure IS important!
- + Attention to detail and meals is **psychologically satisfying**
- + Traditional French recipes
- Magical Leek
Weekends not advised for some individuals!
- Supports an unhealthy drive for thinness
- Encouraged to ***trick your body instead of trust your body***
- Fact: French women *do* get fat
- Type of fat consumed may not be ideal

Eating Psychology

- *Why* and *how* we eat (and think about eating) is more important than *what* we eat!
- Manipulating food intake to lose weight leads to backlash eating
- Get rid of the dieting mindset and get back in touch with your body's signals
- Reframe your “mental chatter”

Eating Psychology

- Build healthy relationships and a full life
- Recognize that nutrition is just one aspect of overall health and well-being
- Eat a wide variety of foods, including “treat” foods, regularly
- Manage emotions without depending on food

How does it rate?

Would you say the Eating Psychology Plan includes the following:

- Balance
- Fiber
- Fat
- B vitamins
- Moderation
- Enjoyment

The positives and negatives

- + Puts food into perspective
- + Treats the whole person
- + Encourages **healthy eating behaviors**
- + Promotes recovery from disordered eating
- + Practical in the real world
- **Skimpy on nutrition information**
- Unappealing to some consumers
- Dealing with psych. issues is hard work
- May require assistance of a therapist
- Can be difficult to garner support for this approach

Eating Psychology: Recommended Reading

The Rules of “Normal Eating” by Karen R. Koenig,
LICSW, M.Ed.

*Intuitive Eating: a Revolutionary Program That
Works* by Evelyn Tribole, MS, RD and Elyse
Resch, MS, RD, FADA

*Secrets of Feeding a Healthy Family and Your
Child’s Weight: Helping without Harming* by Ellyn
Satter, MS, RD, LCSW, BCD

References

The South Beach Diet, Rodale, Inc. 2003

Arthur Agatston, MD

The 3-Hour Diet, HarperCollins 2005

Jorge Cruise

Volumetrics, HarperCollins 2000

Barbara Rolls, PhD, and Robert A. Barnett

French Women Don't Get Fat, Alfred A Knopf 2005

Mireille Guiliano

Questions?

- Feel free to contact me mstevenart@nifs.org
- Upcoming news/events:
 - This month, refer a co-worker to Health YOUUniversity by June 30, 2009 and be entered into a prize drawing for each referral! The person(s) you refer will also be entered into a separate drawing.