


Fad Diets Chart– BA010

Description	<p>◆ Bruce Algra's Fad Diets Poster is an informative weight loss reference that provides honest facts about fad diets and weight loss programs. A great wall addition for any health class or for those wanting terrific weight loss tips.</p>
Details	<p>1. Dimension: 24" x 36" 2. Material: gloss paper laminated with clear polyester both sides</p>
Image	 <p>THE TRUTH ABOUT FAD DIETS</p> <p>HIGH-PROTEIN DIETS</p> <p>THE PREMISE: These popular protein diets focus on eating meat, poultry, fish, and eggs while avoiding carbohydrates. High-protein foods are thought to suppress the appetite and increase fat calories excreted due to difficulty digesting protein.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> High-protein diets are potentially dangerous. They put strain on the kidney and liver. These diets may be high in fat and increase the health risks from high amounts of cholesterol and saturated fat. Any initial weight loss may be largely due to water loss, not body fat. Restricting carbohydrates causes weakness, nausea, and possibly dehydration, if deprived you of the essential vitamins and minerals. <p>VERY LOW-CALORIE DIETS</p> <p>THE PREMISE: Very low-calorie diets (800-1000 calories per day) will help you lose 10 pounds (5 kilograms) in 10 weeks.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> When you restrict your calorie intake by eating very low-calorie foods or by drinking low-calorie liquid formulas, your metabolism slows down. You initially lose a few pounds (mostly water), but usually gain it back—and often more. These diets are very dangerous and need medical supervision. Diets are dizzy, tired, and weak. Severe reduction in protein can weaken the heart, cause heart failure, and death. Women may experience irregular menstrual cycles or stop altogether. <p>HIGH-FIBER, LOW-CALORIE DIETS</p> <p>THE PREMISE: The thinking behind these diets is that slow digestible carbs are eaten because they can't be digested. And because high-fiber foods give you a feeling of fullness that helps curb hunger, it's all very high-in-fiber should make losing weight easy.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> Fiber is necessary and good, but eating too much is not always better. Too much fiber can cause constipation, cramping, diarrhea, and dehydration if enough fluids aren't consumed. High-fiber, low-calorie vegetable-type diets are too restrictive and difficult to stick with for long. These diets are too low in fat, and the body cannot do without fat. <p>GIMMICKS, MIRACLES, & DIET SCAMS</p> <p>THE PREMISE: While diet pills, appetite suppressants, fat burners, and thermogenic muscle stimulants, and creams that melt away fat are widely and effectively promoting weight loss.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> All of these weight loss "miracles" promises, and gimmicks are unproven gimmicks, scams, and are a waste of your time and money. Be suspicious of weight loss claims like easy, effortless, miraculous, guaranteed, secret, exotic, mysterious, and breakthrough. Appetite suppressing eyedrops, wafers, and lozenges are unproven weight loss gimmicks. Sweating in a sauna, wearing rubber belts, body wraps, or trying clothes make you lose visible weight that returns when you diet. <p>SINGLE-FOOD DIETS</p> <p>THE PREMISE: Single food or food specific diets are based on the premise that some foods, or categories of foods, have "magical" fat burning and weight loss properties.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> No food or single food groups can "burn-off" fat. Gingerbread, rice, fruit, and cabbage diets do not have "magical" weight-loss abilities. Diet specializing in single food category or combination of foods, such as eating only grains, together are unbalanced and unhealthy. There are no special foods necessary for a certain blood type. Single food diets lack variety, are monotonous, and are therefore quickly discarded. They are unbalanced and don't provide adequate amounts of the nutrients necessary for good health. <p>FASTING</p> <p>THE PREMISE: Fasting is a popular method to start a weight-loss program and is thought to "kick-start" metabolism from the body. Fasting is also thought to rejuvenate and revitalize our systems by "burning-out" old and worn-out tissues.</p> <p>THE TRUTH:</p> <ul style="list-style-type: none"> Fasting can be dangerous and may kill you. Fasting is the same as starving. It deprives your body of energy and essential vitamins, resulting in weakness, dizziness, and headache. Fasting causes your metabolism to slow down to conserve energy, so any weight loss is very small. Any weight loss that occurs is from water and lean body mass from organs (see the facts). The misconception that fasting "burns-out" your body is completely opposite of the truth. Fasting produces a build-up of toxins that are harmful to the kidneys.