

# ● **Fad Diets and Food Trends**

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## **Lecture Focus**

- -NWC
- -most patients that are unsuccessful with wt loss are those that have tried many “fad diets” in the past and think that there is a “magic pill” that will help them lose wt
- -they also feel that there is something wrong with their metabolism because they “only eat one meal a day” and are still gaining wt— portion sizes over the years have increased

## **Most Popular Diets**

- -general claims
- -advantages
- -disadvantages
- -long-term success

## **10 most popular diets out today: (\*those seen most often in NWC)**

- \*Atkin's
- \*The Zone
- -Eat Right for Your Type
- -Sugar Busters
- -Eat More, Weigh Less
- \*Cabbage Soup Diet
- \*Grapefruit Diet

- -Pritikin Diet
- -The New Beverly Hills Diet
- -Neander Thin
- \*the above I have never seen in NWC, but do see a lot of :
  - -Weight Watchers
  - -Slim Fast
  - -Jenny Craig
  - -South Beach Diet—rather new

## **General Concepts of Fad Diets**

- -most plans are nothing more than low-calorie diets that each focus on a different gimmick to help a person lose weight
- -the bottom line is the caloric deficit
- -the average American consumes 300 calories more per day than he/she did 30 yrs ago
- -he/she also expends a little over 200 calories less per day than in the past due to more sedentary lifestyles
- -increased caloric intake + decreased caloric expenditure >>>> wt gain

## **General Disadvantages of Fad Diets**

- -most promote rapid, initial wt loss which is often temporary (but is what attracts the consumer to the diet in the first place)
- -weight is often regained plus some!
- -people need to understand that the key to healthy, maintained wt loss is often slow, but steady, and focuses on healthy eating and exercise habits

## **Atkins Diet**

- -claims that dieters can lose weight by eliminating CHO and sugars from their diets
- -focuses on CHO and insulin, not excess calories that are responsible for obesity
- -the low-carb, high-protein diet consists of 1200-1800 calories and this hypocaloric diet would result in wt loss no matter what combination of foods were eaten (CHO, Proteins, etc)

## **Advantages**

- -simplicity
- -allows consumption of high fat, previously “forbidden” foods

## **Disadvantages**

- -reliance on protein
- -puts body into ketosis with side effects of headaches, bad breath, nausea, CHO cravings
- -too high in saturated fats and too low in fruits, whole grains, calcium, and fiber
- -hard to maintain, rebound

## **Long-Term Success**

- -Information from the National Weight Control Registry (see next slide) indicates that diets focusing on high-protein, low-CHO are not maintained for life
- -after the initial wt loss, dieters eventually introduce CHO back into the diet

## **National Weight Control Registry**

- -developed by Rena Wing PhD, at Brown University and the University of Pittsburgh, and James Hill PhD, at the University of Colorado
- -has identified nearly 3000 individuals who have lost significant amts of wt and kept it off for long periods of time
- -participants must be at least 18 yrs of age and have maintained a 30# wt loss for at least one year or longer

## **Mastering the Zone**

- -claims that people suffer from insulin imbalances that cause them to gain weight
- -according to Barry Sears (the maker of this diet), eating protein, CHO, and fat in exact proportions corrects this imbalance allows the person to lose wt
- -also claims to cure diabetes, PMS, depression, cancer, and delay the aging process
- -again, this is a low-calorie diet with ranges of 1000-1700 calories/day

## **Advantages**

- -recommends lean protein sources with less saturated fat
- -40/30/30 ratio of CHO/protein/fat
- -these ratios are close to the typical American diet and recommendations for healthy eating, but just like the Atkins Diet, the Zone diet reduces CHO to lower the caloric intake

## **Disadvantages**

- -CHO's such as grains, fruit juices, pasta, starchy veggies, bread are in extremely small portion sizes and the food choices are in weird combinations (a sample snack choice is 2 hard boiled egg whites, half an apple, and three almonds)
- -the diet is very low calorie and doesn't take into account the weight or activity of an individual in recommending proper caloric intake

## **Long-Term Success**

- -challenging because of the very low calories and strict combinations of protein, CHO, and fat at each meal

## **Eat Right For Your Type**

- -Peter J. D'Adamo (naturopath) claims that the person's blood type determines the foods to eat and which foods to avoid
- -says that eating the wrong food types for your blood type is like receiving a transfusion of mismatched blood

## **Advantages**

- -emphasizes lean protein sources and many servings of fruits and veggies

## **Disadvantages**

- -no scientific proof that it works
- -no records of success

## **Long-Term Success**

- -also disadvantages
- -menus include rare and hard to find foods and meal prep is challenging

## **Sugar Busters**

- -similar to Atkins and The Zone, claims that CHO (sugar) causes obesity and insulin resistance
- -claim that by eliminating CHO from the diet, dieters will not overeat foods high in sugars and will not become insulin resistant
- -again, the removal of CHO and sugar from the diet, reduces the number of calories, creating a caloric deficit and subsequent wt loss
- -avg diet is 1200 calories and it this decrease in calories, and not the elimination of CHO

## **Advantages**

- -lean meats, fruits, veggies, and exercise are emphasized

## **Disadvantages**

- -like other high protein diets, rebound is inevitable
- -the diet is very low calorie: avg 1200 cal/day
- -regarding previous claims with insulin resistance:
  - -any decrease in body fat with wt loss will reduce insulin resistance
  - -any removal of CHO will lead to wt loss and decrease IR

## **Long-Term Success**

- -unlikely because of the cravings for CHO

## **Eat More, Weigh Less**

- -Dean Ornish, MD
- -in contrast to the high-protein diets, this diet is extremely low-fat (10% of total kcal), high in CHO, and primarily vegetarian
- -average calories 1200-1350/day
- -based on the concept that fat in the diet is responsible for wt gain and heart disease
- -also relies on volume of daily food intake: replacing dietary fat with CHO (fruits, veggies, and grains) allows the dieter to eat more volume of food for the same amt of calories

## **Advantages**

- -people like to be able to eat more food

## **Disadvantage**

- -studies by the National Weight Control Registry indicate that the majority of individuals lose wt and keep it off with a diet of 55% CHO, 20% protein, and 25% fat. This diet encourages minimal fat and protein intake

## **Long-Term Success**

- -dietary fat is important in the success of a diet because it leads to satiety and pleasure from eating
- -again, diets are successful only if energy (calories) in are less than energy (calories) expended

# Pritikin

- -developed by the son of Nathan Pritikin who was founder of the Pritikin Longevity Center
- -encourages consumption of very high volume of complex, fibrous CHO
- -claims that people have a “fat instinct” which is a biological drive to overeat high-fat foods and avoid exercise

- -very similar to Dr. Dean Ornish’s Eat More, Weigh Less, where 10-15% of the diet is from fat and lean proteins are encouraged
- -believes that as the individual consumes more fat, the body strives to conserve calories
- -the high food-volume-to calorie ratio of this diet allows abdominal distention to occur sooner in a meal leading to early meal termination and a reduction of calorie intake

## **Advantages**

- -recommends lean meats over higher-fat varieties
- -helps to lower caloric intake and may reduce the risk of CAD
- -overall healthy foods, but still in moderation for caloric restriction to allow wt loss

## **Disadvantages**

- -hard to become satiated with such a low-fat diet even though abdominal distention occurs
- -may lead to compensation by overeating to maintain weight
- -again, the removal of one macronutrient (CHO, fat, protein) in any diet is hard to maintain and can lead to increased cravings

## **Long-Term Success**

- -lack of satiety with low-fat diet
- -hard to maintain, leads to cravings

## **Cabbage Soup Diet**

- -claims that patients can lose as much as 20# in 7 days by eating only an onion based soup mix and a cabbage based soup
- -plan consists of less than 1000 calories per day and this allows rapid wt loss to occur
- -the book stresses that this diet should only be used for a few days

## **Advantages**

- -rapid wt loss

## **Disadvantages**

- -extreme approach
- -temporary results—usually water wt
- -nausea, lt-headedness, gas

## **Long-Term Success**

- -maintenance of wt loss is impossible
- -lifestyle changes of healthy diet and exercise are not stressed

## **Grapefruit Diet**

- -one of the most popular word-of-mouth wt loss plans
- -claim that grapefruit is believed to have a fat-burning enzyme and thus the plan specifies that grapefruit be eaten at each meal
- -most of the meals also allow some protein ,veggies, coffee, or tea
- -calories add up to about 800/day and lead to rapid wt loss

## **Advantages**

- -grapefruit has lots of Vitamin C and fiber

## **Disadvantages**

- -any diet that restricts dieters to eating only certain foods is likely to eliminate vital nutrients and vitamins and has too few calories to be safe

## **Long-Term Success**

- -weight regain is inevitable

## **The New Beverly Hills Diet**

- -1980's diet that encourages "food combining" or separating certain foods to allow the body to properly digest each food
- -mixing foods leads the body to be "confused"
- -the initial 35 day diet plan has a wide caloric range

## **Advantages**

- -low-calorie

## **Disadvantages**

- -strict and confusing
- -low in protein, vitamins, and minerals
- -stomach upset

## **Neander-Thin**

- -also known as the “caveman diet”
- -claims that cavemen were very lean because they ate foods in their natural states—lean meats, fish, fresh veggies and fruits, nuts, berries, and seeds

## **Advantages**

- -elimination of processed foods leaves room for the dieter to eat more “whole” foods which contain more vitamins and nutrients

## **Disadvantages**

- -relatively low-CHO and CHO cravings will eventually surface

## **Other diets that my patients have tried**

- -many seem to have tried Weight Watchers, Slim Fast, and Jenny Craig
- -most successful seems to be Weight Watchers, although most patients claim to not be able to maintain it
- -*brief overview.....*

## **Slim Fast**

- -Advantages: easy, portion and calorie controlled
- -Disadvantages: hard to maintain, doesn't teach a person how to eat "real food" and incorporate that into daily eating, lack of satiety
- -Long-Term Success: hard to maintain because it is a meal substitute

## **Weight Watchers**

- -based on a "point system" which allows dieter to eat whatever foods they want based on points (which are really calories—which ultimately allows wt loss)
- -Advantages: variety, no restrictions or foods eliminated, teaches portion control and eating in moderation, weekly weigh-ins and support-groups, ability to eat out at restaurants

- -Disadvantages: hard to maintain
- -Long-Term Success: better than most diets in terms of teaching healthy habits, but still hard to maintain

## **Jenny Craig**

- -Advantages: teaching and application of portion control, prepared meals, support groups,
- -Disadvantages: \$\$, hard to maintain if meals aren't prepared, no teaching of good habits, relatively high sodium, can't eat out in restaurants
- -Long-Term Success: difficult because can't eat that food forever

## **South Beach Diet**

- -developed by Arthur Agatston MD, a cardiologist who originally developed an eating plan for his pts with heart disease in order to improve their cholesterol and insulin levels
- -noticed that pts were losing anywhere from 5 to 100# and improving their lipid profiles (lower LDL and increased HDL)—all with very little calorie counting
- -consists of 3 phases
- -all based on the “glycemic index” which groups CHO based on high to low indices

## **Advantages**

- -encourages the addition of less processed foods into the diet
- -first phase can induce ketosis which allows rapid wt loss (also a disadvantage)

## **Disadvantages**

- -the first two weeks (first phase) are heavy on protein and can induce ketosis and cause the body to lose water which could lead to electrolyte imbalance if hydration is not maintained

## **Long-Term Success**

- -too new to discuss, but again, the main principle is caloric deficit
- -any plan that is as structured as this one is hard to maintain

## **Healthy Weight Loss**

- -again, as stressed in all the proceeding lectures, wt loss is best if it is slow and steady (1-2#/wk)
- -must stress healthy eating habits including less processed foods, balanced diet, portion control
- -behavioral changes
- -exercise!