

Virginia Cooperative Extension Service

VIRGINIA TECH AND VIRGINIA STATE

VIRGINIA'S LAND GRANT UNIVERSITIES

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Student Information Handout
Lesson 8
Fad Diets

FAD REDUCTION CHART

Diet or Weight Loss Product	Daily Diet Program or Claim	Comments
Low Carbohydrate, High Protein, High Fat Diets: Dr. Atkin's "Diet Revolution"	Cutting out carbohydrates triggers secretion of "fat-mobilizing hormones" Unlimited high protein	Weight loss due to loss of body water
"The Drinking Man's Diet"	Substitutes alcohol for carbohydrates	Protein does provide calories and no food burns more calories than taken in
"Mayo Clinic Diet"	Grapefruit dissolves body fat	Alcohol is high in calories and has little nutritive value
"Air Force Diet"	Lean meat, eggs, cheeses, low calorie vegetables	Untruth
Total Fasting "Rockefeller Diet" "Grapefruit Diet" "Skimmed Milk and Banana Diet" "Doctor's Quick Inches-Off Diet"	Little or no food Low protein	All low carbohydrate diets have health risks: (1) little carbo- hydrate for brain - dizziness, fatigue; (2) protein waste; (3) excess loss of body water; (4) high fat may lead to high blood lipids and cholesterol levels
		One exchange (bread and cereals) is eliminated and two more (fruits and vegetables) are limited.
		Body protein broken down In teen, stunted growth, anemia

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Diet or Weight Loss Product

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Daily Diet Program or Claim

Comments

Low Calorie Liquid Formula Diets Sego, Proslim, Metracal, Carnation, Slender	225 calories, four times a day Replace two meals	Should NOT be used by adolescents as they are made for adults Lack of bulk leads to digestive disturbances
Preparations Containing Phenylpropanolamine Bio Slim T, Prolamine, Appedrine	Depresses central nervous system	Habit forming and dangerous
Bulk-producing Agents Melozet wafers	Two wafers taken one-half hour before meals	Effect questioned: could damage small intestine lining; water or fruit and vegetable has same effect
Glucose-Containing Preparations Ayds	Candy taken with hot liquid before meal	Little effect
Saccharin	400 times as sweet as sugar	Causes cancer in laboratory animals Warning label

Reminder: All of the diets or aids above will not cause weight loss unless there is an accompanying decrease in calories. They are of limited usefulness and often present risks to the user.

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