

# DEBUNKING DIET MYTHS



**M E T A B O L I C**  
H E A L T H C E N T E R S

# WHAT IS A FAD DIET?

The dictionary defines a fad as  
“a short-lived fashion or craze”

So, fad diets are short-lived,  
crazy diets!



# HIGH PROTEIN/LOW CARB DIETS

## The Claim:

- Carbohydrates make you fat

## The Facts:

- Our liver converts excess protein in our diet to fat.
- Many carbohydrates like fruits, vegetables, beans, and whole grains are essential for feeling full on fewer calories
- Higher in protein than recommended = stress and injury to the kidneys
- Weight loss=muscle and water loss

# PALEO DIET

## The Claim:

- Aims to take us back to our hunter-gatherer roots in the Paleolithic Era.

## The Facts:

- Humans are constantly evolving so our diet naturally has evolved.
- Its impossible. Almost all the food we eat has been modified from its original form.
- Paleolithic hunters weren't the lean, healthy hunters we imagine.

# ELIMINATION DIETS

- Demonize one or more foods or food groups.
- “Wheat free diet,” “Sugar free diet”, “No dairy diet”

## The Facts:

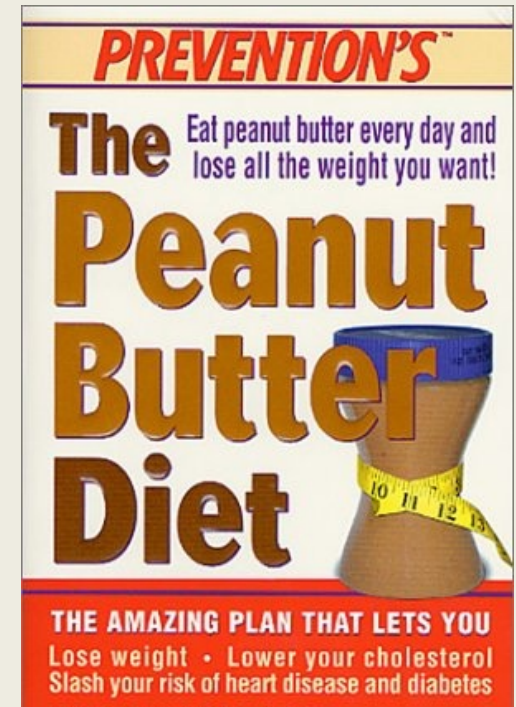
- Usually very low in calories/high in fat.
- People do see weight loss, but it usually returns once the diet is stopped.

# SINGLE FOOD DIETS

- The grapefruit diet, the cabbage soup diet, the peanut butter diet

## The Facts:

- Foods and food groups are avoided which means nutrients are missing from the diet.
- Most of the weight loss is muscle and water loss



# BLOOD TYPE DIETS

## The Claim:

- By eating certain foods based on your blood type, the body will process them more efficiently

## The Facts:

- Processing food more or less efficiently does not result in weight loss
- Again, it eliminates foods, so important nutrients are missing

# LIQUID/JUICE DIETS

## The Claim:

- Juices help detox your body, they are healthier than whole foods, and are less calories.

## The Facts:

- It's possible to consume just as many calories through liquid as through food
- Most juices/teas are missing key nutrients and phytochemicals that can only be found in whole food
- The body has kidneys and a liver to detox and cleanse itself.



# “TOO TEST”

- Too Fast
- Too Easy
- Too Expensive
- Too Low
- Too Good to Be True



As Seen On  
NBC CNN abc

**“25 Pounds in Only 2 Weeks!”**

\*Kathleen Hodges, Calif., Results Not Typical

**Scientists Discover Rare Weight-Loss “Wonder Herb”**

- ✓ **Clinically Proven Fast Weight Loss!**
- ✓ **Rapidly Melts Away Belly Fat!**
- ✓ **Get the Body You Deserve in 2009!** For Men & Women!