

Trying to lose weight can sure be a discouraging process.

Have you ever thought that maybe you're trying *too* hard?

The Fad Diet Craze:

Many of the fad diets that are popular these days (i.e. the Atkins Diet, the South Beach Diet, the Grapefruit Diet, the starve yourself silly diet), are just too restrictive, too demanding, too nutritionally unsound, and far too difficult for any person with an appetite to adhere to.

It usually fails....

Although these diets may work for a short time, they almost inevitably send the dieter into a state of distress, causing overeating and weight-gain in the end. This yo-yo pattern is not only frustrating, but detrimental to your health because the weight gained back at the end of each of these cycles is often in the form of visceral fat (around the stomach and internal organs) which is more strongly correlated with cardiovascular disease.



The 'Undiet' Diet



Healthy tips to slim
down and stay that way
... **no starving involved!**



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2006

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Moral of the Story?

Throw out those diet books!!

Form healthy habits one by one so they stick with you for life.

Here are some healthy lifestyle suggestions:

1. **Aim to lose no more than 1-2 lbs per week**—Research suggests that most long-term weight-loss is maintained when individuals attempt to lose only 1-2 lbs per week. More radical changes will most likely make it more difficult to keep weight off.
2. **Eat breakfast regularly**—A University of California, Berkeley study observed that cereal eaters tend to take in less fat and more fiber. Breakfast eaters in general eat less throughout the day because they are not over-hungry.
3. **Consume high fiber foods**—Fiber is more filling than most

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4. **Exercise!**— Research suggests excising 30-60 minutes on most days of the week. Whether it's in the form of running, bike riding, mowing the lawn, or even walking through the mall, just keep your body moving!



5. **Include fat-free dairy in your daily diet**— The American Journal of Clinical Nutrition observed that women who consumed at least 3 servings per day of low-fat or non-fat dairy lost 70% more body fat than women who ate less than one serving. Calcium and other compounds in dairy suppress a hormone that decreases fat breakdown ... in the end, dairy says 'breakdown fat faster.'

6. **Increase lean muscle mass**—Muscle requires more energy to sustain itself on a daily basis than does fat. Lifting weights is a good way to boost your metabolism ... you can burn more Calories all day and not even know it!



7. **Eat intuitively**—Try keeping a food journal and recording your hunger-level before eating to stave off the uncontrollable urge to binge. Listen to your body and eat when you're HUNGRY, rather than when you're sad or lonely or bored.

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8. **Plan ahead** — Plan meals in advance, so you can avoid the fast-food trap. Try writing out a dinner menu and packing healthy lunches. Have an idea of what you want to order before going out to eat. If you can't stop yourself from eating the whole package of chips or cookies once they're opened, buy a smaller bag! Pre-planning is less likely to lead to impulsive eating and diet breakdowns.



9. **Know your beverages**— According to the Journal of the American Dietetic Association, consumption of sugar-sweetened beverages is one of the major leading causes of obesity and the onset of Type 2 Diabetes. Although these beverages contain a ridiculous amount of Calories, they do little to satiate your hunger. Be wary of any beverage other than water and fat-free milk. (Even most fruit juices are loaded with sugar!)



10. **Check out www.foodfit.com**— Use this website as a good way to determine your individual food goals and learn how to reach a reasonable goal weight. Click on 'Tools' then 'Weight Calculator' and key in your vital stats.

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