

What's the skinny on fad diets?

It seems like every few years someone invents a new diet that promises to work miracles for anyone who tries it. The fact is most of these people are simply trying to make a profit and don't have your best interest at heart. If considering a new diet plan beware of these warning signs;

- Sounds too good to be true
- Promises quick results
- Personal testimonials
- Insists you cut out whole food groups or specific food products
- Makes general recommendations to suite a diverse population
- Requires you to purchase only foods or supplements they produce
- Make recommendations that contradict those of health professionals
- Diet is based on a single study

Dieting is not recommended by some health professionals because it assumes you can change your behavior for a limited period of time, return to normal habits and obtain lifelong results. The truth is if you want to make changes to your diet they have to happen slowly and over an extended period of time. If a specific diet isn't something you can adhere to for the rest of your life, *it is going to fail you*. If you're serious about getting healthy, then start by making small changes. Over time those changes add up to big results and you will have learned habits to keep you healthy for life.