

DIETING

A kitchen scale with a white base and a semi-circular dial is the central focus. Two bright green apples are placed on the scale's platform, one on the left and one on the right. A yellow measuring tape is draped over the scale and apples, showing various measurements. In the bottom left corner, a red dumbbell is partially visible. The background is a light-colored wooden surface.

Fad diets or healthy eating?

TRUE OR FALSE?

- The diet industry targets teens with promises of quick weight loss.
- Fad dieting can keep teens from getting enough energy and nutrients they need to grow and develop properly.
- All teens who go on diets need to lose weight.



DID YOU KNOW?

- North Americans spend billions of dollars on dieting and diet products every year!



WHY DO YOU THINK TEENS DIET?



WHY DO TEENS DIET?

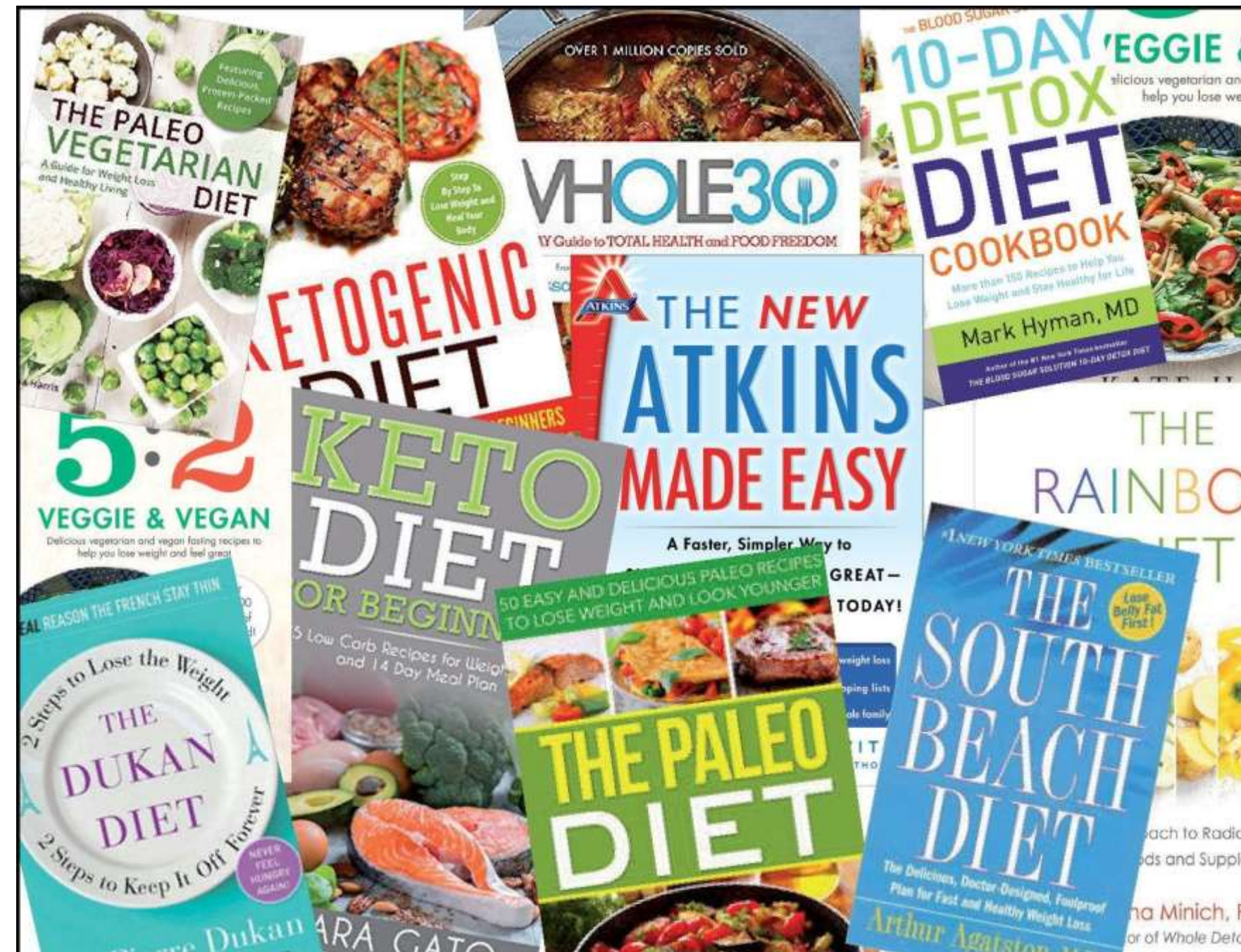
- Feel pressure to look a certain way
- Are tempted by diet advertising
- They want to be in shape for sports
- They want to look good for events



WHAT ARE FAD DIETS?

Fad diets are marketed as quick ways to lose weight.

The most popular fads tend to change from year to year, and become “trendy”.

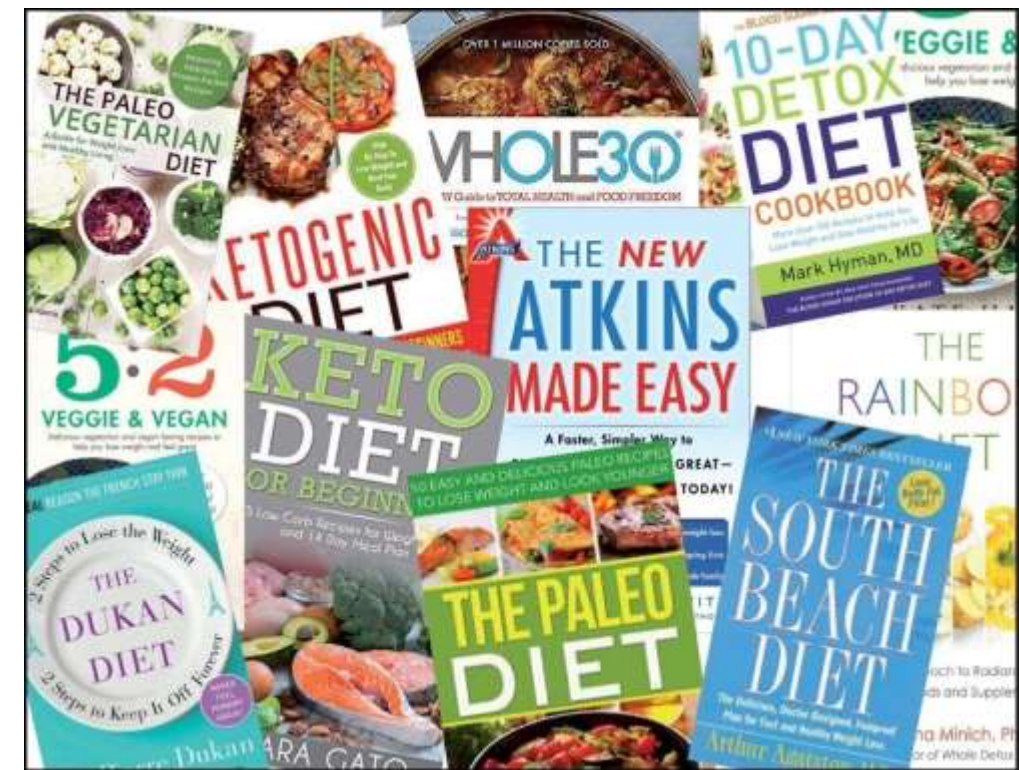


DO FAD DIETS WORK?

Some people will lose weight while following a fad diet, but most fad diets are impossible to stick to for long. This means that once you stop following the diet, you'll probably gain back the weight you lost. Some people actually gain back more weight than they started with.

Fad diets don't usually provide enough vitamins and minerals, such as iron, calcium and vitamin D. Vitamins and minerals are crucial in order to keep your body healthy and properly functioning.

Fad diets can end up doing more harm than good to one's health.



HOW DO WE KNOW WHICH DIETS ARE FAD DIETS?

Ask yourself a few simple questions:

- Does this diet make some foods completely off-limits?
- Does this diet promise that you will lose an unrealistic amount of weight in a short amount of time? For example: “ten pounds in one week”.
- Does the diet refer to foods as “good” or “bad”?
- Do I have to buy certain foods for this diet at a special store?
- Does the diet claim I can lose weight without exercising?
- Is this plan temporary?

TEENS AT RISK

- Many teens don't get enough calcium, iron and folic acid.
- This can have dangerous effects on the development of bones, joints, muscles, and even brain function
- Fad diets may cause these effects



THE TRUTH ABOUT WEIGHT-LOSS

- There is no quick and easy way to lose weight
- There is no magic pill to take either
- Any diet that sounds too good to be true probably is!

ARE THERE HEALTHIER WAYS TO MANAGE WEIGHT AND/OR STAY HEALTHY?

- Choose sugar-less beverages. Drinks such as soda and juice are loaded with sugar and empty calories. **DRINK WATER!**
- **Eat breakfast.** Starting your day with a nutritious meal will prevent you from getting too hungry during the day and will give you energy to think at school.
- **Eat fruit/vegetables/nuts for a snack.** Choosing healthy snacks over junk food will provide your body with important nutrients.
- **Watch your portion sizes.** Choose regular portions, not super-sized ones. Eat only until you feel satisfied
- **Eat a balanced diet (411 rule!) (C=4%; P=1%; F=1%)**
- **Eat natural**
- **Exercise daily!**



