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WHAT REALLY HAPPENS WHEN WE DIET

How We Diet	This is What <i>Really</i> Happens
Skipping meals or decreasing calories	<ul style="list-style-type: none"> ➤ This lowers metabolism so we store fat more easily from few calories ➤ The brain's and muscle's demand for fuel causes rebound "munchies", usually for high fat and high sugar items ➤ Poor attention span, irritability, fatigue ➤ Muscle tissue may be lost
Cut out starchy foods	<ul style="list-style-type: none"> ➤ Your body loses its best source of stable energy, you'll be more likely to feel moody and tired ➤ You'll end up eating higher fat and sugary foods to satisfy munchies
Cut out meals	<ul style="list-style-type: none"> ➤ May risk iron deficiency which leads to fatigue ➤ Energy from meals may not last as long, causing more hunger between meals for high fat, high sugar foods
Go on preplanned meal replacement diet or liquid diet	<ul style="list-style-type: none"> ➤ You have a 95% chance of regaining any weight you lose in 1-2 years ➤ You give away control to the plan, which lowers your self-esteem ➤ You often lose muscle mass along with fat. This lowers your metabolism, making it easier to store fat on fewer calories. ➤ Habits are replaced temporarily, not changed permanently. Also, it's expensive.
Fasting	<ul style="list-style-type: none"> ➤ Most of the weight lost is water ➤ Muscle mass decreases – which lowers metabolism. Subsequential fat gain. ➤ Can be medically dangerous for some individuals
Why We Diet	This is What <i>Really</i> Happens
To be slim	<ul style="list-style-type: none"> ➤ Slimness is temporary. Over the long run, 95% of dieters regain the weight, so they diet again, with similar poor results. This is called <i>diet cycling</i> and it can lead to obesity.
To be healthier	<ul style="list-style-type: none"> ➤ <i>Diet cycling</i> increases health risks more than being overweight ➤ There is no evidence that being plump is unhealthy. There <i>is</i> evidence to show that being too slim is unhealthy ➤ Most dieting decreases our muscle mass. Muscles are needed for good health. ➤ Many diets are unhealthy. Your body and mind don't run well when you restrict calories. Dieting makes you moody and irritable, and makes you obsessed with food. This feels like failure, but in fact it is a physiological response and has nothing to do with will power.
To be more attractive	<ul style="list-style-type: none"> ➤ What attracts you to someone else? Do you want your friends to like you for your body or yourself? What are long term relationships based upon?

This information was prepared by the Nutritionists from Boundary Health Unit. Adapted and distributed by Peterborough County-City Health Unit, Peterborough, ON

