



DYNAMIC AGING

Fad or Fact?

What is a fad? Bellbottoms and polyester? Pet rocks? Low carb/high protein diets? Not surprisingly, they are all fads. We all make mistakes and if you have followed any of these fads, you are in good company! Fads are trends that seem like a good idea at the time, but often in hindsight are just the opposite. The most important thing about fads is to stop repeating them. Hmmm I'm not sure that's entirely possible, but we can be more aware of what to look for. Take this quiz to learn more.

1. Following a diet fad is bad for your health.
 - A. Always
 - B. Sometimes
 - C. Never
2. Which fad diet was originally published in 1825 but is still popular today?
 - A. Cabbage Soup Diet
 - B. Grapefruit Diet
 - C. Low Carbohydrate Diet
 - D. Banana and Skim Milk Diet
3. A diet that recommends the following should raise a red flag:
 - A. Special food or drink to detoxify the body
 - B. Eating a specific food with all meals
 - C. Eating protein and carbohydrates at separate meals
 - D. All of the above
4. It's not a diet fad if it's endorsed by a celebrity.
True / False
5. Some diet fads work.
True / False
6. What popular cracker was originally created as part of a health food diet?
 - A. Cheese crackers
 - B. Saltine crackers
 - C. Graham crackers
 - D. Animal crackers

7. Adding physical activity to your day can help give you:
 - A. A healthy heart
 - B. Stronger bones
 - C. Less emotional stress
 - D. All of the above
8. If you eat 100 more food calories a day than you burn, you will gain how many pounds in a month?
 - A. 1/2 pound
 - B. 1 pound
 - C. 2 pounds
 - D. 10 pounds

Answers to quiz in "Dynamic Aging" Column

1. Answer: A. While you may lose weight with fad diets, they are potentially harmful to your health. A diet fad that excludes many foods or an entire food group eliminates key nutrients that are essential for health. Learn how to spot a fad diet. Don't get caught in a diet plan that doesn't allow foods you enjoy, promises fast weight loss or sounds too good to be true.
2. Answer: C. The low carbohydrate diet has been around since 1825 when Jean Brillat-Savarin introduced it as the key to weight loss in his book *The Physiology of Taste*. Many decades and several variations later, low carb diets are still among the most popular fad diets. Giving this diet another chance has never been shown to improve long term health.
3. Answer: D. Requiring a specific food or beverage to be included with each meal or eating certain types of foods separately are clues to spotting a fad diet. There are no miracle foods or beverages that can lead to quick weight loss or stop you from aging.
4. Answer: False. Celebrity endorsements shouldn't replace sound science. Make sure your weight loss plan is based on research studies that support effectiveness and safety. And be sure to talk with your physician and a registered dietitian about your weight loss goals, especially if you have a health problem.
5. Answer: True. But only for the short term. You may lose some pounds quickly; however, long term maintenance of that loss is unlikely. Dieters often return to old eating habits and regain the weight they lost. Developing an eating plan for lifelong health, combined with regular physical activity, is the best way to reach and maintain a healthy weight.
6. Answer: C. Sylvester Graham may be the originator of food fads in the U.S. Beginning in 1830, he promoted a bland, meat-free diet and avoidance of rich pastries, alcohol, coffee and tea. Eating his whole wheat Graham bread was best. Graham crackers are his contribution to healthy eating.
7. Answer: D. Regular physical activity is important for your overall health and fitness, plus it helps control body weight, promotes a feeling of well being and reduces your risk of chronic diseases.
8. Answer: B. You will gain about 1 pound in a month. That's about 10 pounds in a year. The bottom line is that to lose weight, it's important to reduce calories and increase physical activity. Find your balance between food and physical activity.