



DEBUNKING FAD DIETS

Many diets, like keto, paleo, Atkins, Whole30 do not meet the American Heart Association's science-based criteria for healthy eating patterns; some show short-term results (i.e. weight loss) but are not heart healthy or sustainable.

KETO

Eliminating food groups should not be the goal of diets. This is not sustainable. Many of the foods "allowed" on keto are high in saturated fat, which is not part of a heart-healthy diet. Carbohydrates are not bad! By learning to carbohydrate count and eat a balanced diet, you don't have to eliminate and restrict as many foods as you may think.

WEIGHT WATCHERS

Although Weight Watchers and similar diets may offer great results, they come with a price. Learning to carbohydrate count and balance your plate can be a more practical, inexpensive, and sustainable method for weight loss. Diet plans like Weight Watchers may not provide the nutrients or tailor to your health needs.

CLEANSSES AND DIET PILLS

A diet should never be that easy (taking a pill), or only last one day. Profound weight loss in a short span can be dangerous and does not result in sustained weight loss.

SUPPLEMENTS

Before adding a supplement to your diet, make sure to check with your doctor to ensure no interactions are possible with current medications or supplements. With many brands on the market, it is important you purchase supplements from a reliable source to ensure freshness and safety.

For more information and diet related questions, visit the American Heart Association website (Heart.org)