

Mayo Clinic Minute

Yo-yo dieting hard on a woman's heart

Video	Audio
Vivien Williams	The ups and downs of yo-yo dieting.
Amy Pollak, M.D. Cardiology Mayo Clinic	“So many of us have done a yo-yo diet.”
Vivien Williams	Mayo Clinic cardiologist Dr. Amy Pollak says research presented at the American Heart Association's annual meeting shows post-menopausal women who yo-yo diet ...
Amy Pollak, M.D.	“Where they gain weight and then lose weight, and then gain weight and then lose weight, seem to be at a higher risk of cardiovascular death. So, that means dying from a heart attack or stroke.”
Vivien Williams	Dr. Pollak says it's not clear yet why yo-yo dieting is unhealthy, so more research is needed. But, she says, they do know one diet that's proven to lower your risk over time: the Mediterranean diet, which features five servings of fruits and vegetables a day, whole grains, fish, olive oil, nuts and low-fat dairy.
Amy Pollak, M.D.	“Hopefully, that will translate into less of the yo-yo dieting, which really may have a negative impact on our heart health.”
	For the Mayo Clinic News Network, I'm Vivien Williams.