

Mayo Clinic Minute

Figuring Out Fad Diets

Video	Audio
Vivien Williams	Raw food, detox, cabbage soup, the three day flush. The list of fad diets is long. Mayo Clinic family medicine specialist Dr. Summer Allen says many fad diets work by drastically slashing calories.
Summer Allen, M.D. Family medicine Mayo Clinic	“If anybody calorie restricts themselves to 500 to 600 calories in a day, they’re going to lose weight.”
Vivien Williams	But, she says severe calorie restrictions are not realistic long term.
Summer Allen, M.D.	“I think, for a lot of people, restricting themselves from things in the long term? They end up craving it even more.”
Vivien Williams	Dr. Allen says successful, sustainable weight loss is all about lifestyle changes. Fill your plate with fruits and veggies, whole grains and lean meats. And definitely get moving. Be more physically active.
Summer Allen, M.D.	“Start small. So start with a day a week, as far as your activity level, and then work toward the five days or six days a week of activity.”
	Sure, fad diets may help jump start your weight loss goals, but for long-term success focus on healthy lifestyle changes. For the Mayo Clinic News Network, I’m Vivien Williams.