

The finger lickin' way to fight fat and weight.

Finger Lickin' Way to Fight the Fat





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Chapter 6

Diet Craze 101

Key Focus Strategies:

-  Crash diets' craze
-  The low-down on fad diets
-  A quick summary
-  Your action list

As a kid, I was always skinny. I remember the old folk saying, “When you get old, you gonna pick up weight.” Weight was always the topic of conversation and managed to wiggle into every gathering. How much do you weigh? When did you last weigh? Is this skirt too tight? No wonder the dieting industry is a booming business. Diets, like fashion, come and go.

A few diets seem to re-appear and, apparently, never really go out of style; these are the classic diets. Classic diets possess the overwhelming appeal of being quick, fast, and, to some degree, easy. Nothing gets better than any product that promises it all. It don't mean a thing if it ain't got that swing. Everyone is swinging to the latest diet craze and all the publicity that accompanies it. Before you reach for that grapefruit and anchovy bit that your younger sister told you about, continue to read to ascertain sound advice regarding crash diets' craze; or, also known as fad diets.

Crash Diets' Craze

Diet Riot

The high fiber tiger used to be the animal to see
But society is changing channels all too frequently
The media microphone screams panic
Now the flooding at the gates is gigantic
Ate a fat burger, now the complaint is fat
If you raise a kitten, the outcome just may be a cat
Diets are supposed to be good and not bad
But the crash seems like trash, especially if it's a fad
The trend path seems to bend at an alarming rate
Benefits plus copays now support this ill fate
The SS Carb-Low may be the boat to row
But when the fashion veers, can you still steer?
Or exercise the ability to sue?
Because Sue Doe is too lazy to exercise
Pseudo describes Sue Doe's actual yearn
To apply willpower and make the fat burn
Everyone wants health to increase
While elbows are rusted per no elbow grease
Infomercial Hershel gains knowledge so abrupt
But watch the magic work after a set of sit-ups
My monopoly jalopy has Atkins napkins in the backseat
To wipe the tears from fears of another style obsolete
How long will we let the media dictate a lifestyle?
During the Y2K blackout I blinked, and missed the trial
Moderation is the key that opens regulation's doors
Well balanced describes the meal that should be in
stores
For receiving a plate enters one into the game
But calisthenics will win it and your body will bare no
shame.

Marc Lacy

They call them crash diets for a reason; you are going along doing fine and then you literally crash. You pick yourself up, start the grueling ritual all over again, and the whole cycle continues. On diets, off diets, and that's life in the fast lane.

A diet according to the Webster dictionary is what a person eats or drinks, a regimen of special or limited food and drink, as for one's health or for losing weight. My definition of a diet is a temporary maddening placebo almost impossible to endure for more than a brief period at a time. All diets get results, but all diets are not conducive for the entire family, become somewhat problematic when eating out, oftentimes more expensive than regular foods, and, in most cases, lack most of the essential nutrients.

If controlling your weight constantly occupies your thoughts, then consider the overall picture. The answer lies within you and not within one more trendy ridiculous fat routine.

The Low-Down on Fad Diets

1. Dr. Robert Atkins' Diet Revolution

The New Atkins' Diet Revolution restricts carbohydrates such as fruits, vegetables, whole grains, legumes, and low-fat dairy foods. This regimen contrasts the American Dietetic Association's stand on foods needed to promote health and prevent disease. The Atkins' plan consists of four phases which, in summary, includes:

Phase 1 takes 14 days to complete. Carbohydrates are restricted to 20 grams with no starchy vegetables or white flour products. You can eat fats and protein

liberally. Preferred fats to choose include natural safflower, sunflower, and other vegetable oils; fruit, pasta, dairy products, other than cheese, cream, or butter are not allowed in phase 1. Also recommended is the avoidance of caffeinated products.

Phase 2: Ongoing Weight Loss – recommends gradually monitoring the increase of carbohydrates weekly, according to your metabolic resistance. For example, a person who exercises vigorously five times weekly could consume 60 to 90 grams of carbohydrates.

Phase 3: Pre-maintenance – advises to continue increasing carbohydrates, but in 10 gram increments. You must also monitor carbohydrate levels according to your metabolic resistance. In other words, if you start picking up weight, cut back on those devilish carbs.

Phase 4: Lifetime Maintenance Plan – advises continuing with the category that supports your weight loss goal.

My Thoughts About This:

If you can get through the induction phase, then the Marines need you. I am more comfortable with the latter phases of this plan, which are designed for a maintenance program. The emphasis placed upon dietary supplements and the specialty foods that Atkins' Company promotes, in many instances, are not necessary.

Donna

2. The New Sugar Busters!

The author, H. Leighton Steward, along with three medical doctors describe an easy way to lose weight, lower cholesterol, and help manage diabetes. They say that you do not have to weigh, count, or measure. Avoid refined sugar and processed groups and understand that this is definitely not a “no” sugar diet. Choose low-insulin-producing carbohydrates. Insulin causes you to convert and store excess sugar as fat and store excess fat as fat. Controlling your insulin through nutrition allows you to increase your performance and health.

You are encouraged to select foods that stimulate insulin secretion in a more deliberate, controlled manner, rather than those that cause immediate outpouring of your hormone. Refined sugar and processed grain products are almost immediately absorbed in a very concentrated fashion, resulting in increased blood sugar followed by a large dose of insulin.

Also promoted are fruits, vegetables, whole grains, trimmed lean meats, and low-fat milk and cheese products. You are encouraged to drink six to eight glasses of water, along with exercising, and avoid missing meals or late night snacking. Once again, the authors convey that the plan is not restrictive and you can eat from all food groups. Since foods encouraged are low glycemic carbohydrates, they result in a more controlled glucose absorption and consequent insulin response. This results in an overall body fat loss and decreased adverse effects of insulin on the cardiovascular system.

My Thoughts About This One:

The basic concept mimics the Atkins' diet, which promotes complex carbohydrates. However, a more laid-back approach is advocated to entice dieters who appreciate this freedom style. I support the overall agenda, but was a little thrown off with some of the double talk. For example, the author permits drinking alcohol such as wine stating its possible benefits in lowering risk of heart disease, then changes gear and recommends grape skins and seeds that are involved in processing red wine. This double talk could lead some to drink more frequently and completely overlook that the benefits are in the grapes, so why not just mention that. Eating grapes provide benefits such as increasing HDL (good cholesterol), lowering plasma fibrinogen, and decreasing platelet aggregation. Although the author says to drink alcohol in reasonable amounts, specific guidelines are not given. How much is a reasonable amount?

I agree with several of the sound tenets addressed in this plan; however, some clarification is also warranted regarding fructose being a good sugar when too much can lead to increased triglycerides or fats. The author's overall approach may be too liberal for many dieters that need specific guidelines on balancing calories.

Donna



3. The Zone

This plan emphasizes a balancing act that incorporates dividing meals into proportions. A recommended intake of 40% carbohydrate, 30% protein, and 30% fat as compared to 55% to 65% carbohydrate, 20% protein, and 25% to 30% fat, are purported to keep you in the zone. The dividing of meals into proportions, according to the zone method, is to promote foods that do not accelerate insulin release, thus promoting fat storage and consequent obesity. You are encouraged to measure food proportions while balancing protein and carbohydrates.

My Thoughts About This:

I dare say that this plan is a bit complicated for most. We heard it before about the insulin stuff, and the measuring of foods requires much discipline and, of course, if we had that kind of discipline, then maybe we would not need to be in the zone. I agree with encouraging more carbohydrates that are complex and eating from all major food groups.

Donna

4. The South Beach Diet

This diet is a three-phase diet plan initiating with a carbohydrate restriction such as bread, pasta, potatoes, baked goods, fruits, sugar, and alcohol. During the second phase, you add back just enough carbs to let you continue to lose weight. In the final phase, you reach your weight goal, and follow eating carbohydrates or other foods that support weight maintenance goal.

My Thoughts On This One:

I like the title, very catchy. The diet is similar to Atkins. The first-phase is a bit severe, and the suggestion of no limit on eggs is disastrous. Unlike the Atkins' diet, coffee is allowed. Although this phase is only 14 days, I cannot support a cup of caffeine with six eggs (since there is no limit to its use) at any phase. Again, the second and third phases allow you to mellow out on the carb restrictions while encouraging whole grain carbohydrates and discouraging saturated fats and trans-fats. I agree with the basic tenets in this plan, and once you reach the latter phases, it allows much flexibility.

Donna



All diet plans work! I guess you may ask, “If all diet plans work, then why am I reading this book?” Possibly this book grabbed your attention because you experienced what millions undergo, the on-again off-again yo-yo syndrome. You lose weight, get fatigued of an austere dieting ritual, then you get comfortable, and the beat goes on. These fad diets come and go like bellbottoms and those notorious stacked heels that have come back to haunt us.

The problem with these diets lies in the fact that they get you excited and after the honeymoon phase, you simply get bored and slip back into old habits. In the case of Atkins and South Beach diets, you miss the carbs. You need carbs for energy and that is the first source of energy that the body uses. It is like getting money. As a rule, you do not first draw money from your insurance policy or your retirement plan, but rather from your checking or savings account. Although this may be a bit of an exaggeration, the fact remains that carbohydrates such as fruits, vegetables, legumes, whole grains, and even starchy vegetables play an essential role in keeping us healthy and energetic.

The latter phases of some of the fad diets mentioned tend toward a safer zone and the same magic that keeps you following the first, second, or third dietary phases is the same magic that you must input to follow any dietary regimen. I mention safer, due to the major health concerns ranging from kidney problems, osteoporosis, high cholesterol, and triglyceride levels to lesser concerns such as body odor and bad breath, due to the ketosis condition. Ketosis is caused by high concentrations of ketone bodies resulting from extremely restricted carbohydrates or when glucose is not available.

Once again, you can lose weight on any diet. The problem is keeping it off without risking your health and disallowing your eating pleasure. Reading the next chapter “The Un-Diet Diet” provides additional information on sensible eating that works.

A Quick Summary

-  The maddening lure of the crash diet craze that keeps you following a yo-yo syndrome cycle.
-  A summary and analysis of some popular fad diets (Dr. Robert Atkins’ Diet Revolution, The New Sugar Buster’s, The Zone, and the South Beach Diet).



Your Action List

- ✓ Get reliable information about fad diets before going out on a limb and make a plan.
- ✓ Determine where your trouble spots are, and be consistent with working your plan.
- ✓ Get a friend to work with you, be competitive and determined to win.
- ✓ Enjoy food; make healthy changes. Make sure your “once in awhile” is not almost daily.
- ✓ Write down your plan. Make a valiant effort to accomplish your goals. It is better to take little steps than giant leaps if you want to stay on track and really fight the fat.

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