

HOW TO SPOT A FAD DIET

THERE ISN'T A SET APPROACH TO SPOTTING A FAD DIET, BUT THESE GENERAL TIPS CAN HELP. FAD DIETS TEND TO HAVE:

- Recommendations that promise a quick fix.
- Claims that sound too good to be true.
- Simplistic conclusions drawn from a complex study.
- Recommendations based on a single study.
- Dramatic statements that are refuted by reputable scientific organizations.
- Lists of "good" and "bad" foods.
- Recommendations made to help sell a book or product.
- Recommendations based on studies published without peer review.
- Recommendations from studies that ignore differences among individuals or groups.
- Elimination of one or more of the five food groups (fruits, vegetables, grains, protein foods, and dairy) or subgroups (grains, dairy, fruit).

RESOURCE: <https://my.clevelandclinic.org/health/articles/9476-fad-diets>