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Stop by our nutrition tables on the mall during Finals Survival Week Kick-Off, Wed., 5/3 from 11am-1pm, and pick up some essential nutrition swag to get you through finals!

Three Diets That Sound Healthy But Aren't

Changing how and what we eat is often driven by a desire to either lose weight, gain energy or improve overall health. As appealing as some diets may seem, they can be frustrating to follow and results may be temporary at best. Here are three popular diet approaches that sound healthy, but have the potential to do more harm than good.

Detox Diets. Preying on fears that toxins are collecting inside our bodies, detox diets generally claim to flush out the bad stuff and revive health by way of fasting, juicing or by eating only fruits and vegetables. The more restrictive the plan, the more temporary this diet is because it's extremely low in calories and nutrient-poor, which can lead to low energy, low blood sugar, and even vitamin and mineral deficiencies. Fortunately, it is the natural function of our skin, liver, kidneys, lungs and digestive system to do all the detoxifying our bodies need.

Avoiding Carbs. Removing all carbs can help eliminate high calorie sugary soft drinks and junk foods like candies and pastries, but it also knocks out

several nutrient-rich foods like fruits, vegetables, whole grains (like oats and whole wheat), beans, and dairy. Eating mostly plant-based carbs will supply the body with essential vitamins, minerals and fiber that keeps us feeling full and satisfied after a meal. Carbs are the body's primary source of fuel needed for exercise and for proper brain and organ function, so choose wisely for maximum health and energy benefits.

Clean Eating. A deceptively simple concept: eat more wholesome foods that are closest to their natural state, and eat less highly processed foods with lots of added ingredients. Problems arise when this perception of eating healthier becomes a fixation about food purity that can ultimately lead to disordered eating habits. If eating "clean" equates to a diet with more plant foods and less fast foods, cooking more and eating out less, and drinking more water and less sugary beverages, then you've nailed a lifestyle concept that can help keep you healthy for years to come!



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.