

## wildfact

**Body Smart Discussion: *The Effect of Pornography on Body Image* – Wednesday, 11/2 @ 5-6:15pm at UA Campus Health. (3rd Floor, SW corner, Room B307) FREE! Visit [bodysmart.arizona.edu](http://bodysmart.arizona.edu) for more info.**

# Does Dieting Work?

Dieting. A cringe-worthy word to some, and a confusing concept to most. According to the dictionary, “diet” simply refers to foods we eat on a regular basis. Today, most people refer to “diet” and/or “dieting” as a temporary, restrictive eating plan for the purposes of losing weight. When it comes to the latter and most common interpretation of dieting, the big question is, “Does it work?” From the straightforward to the outrageous, let’s explore the results.

- In short, the answer is NO. Nearly two-thirds of Americans who lose weight on diets gain it back within one year. Also, the deprivation of restrictive diets may lead to a pattern of overeating or binge/restrict eating that can lead to long-term disordered eating habits.
- Fad diets, according to the Academy of Nutrition and Dietetics, are short-term, quick fixes that actually set many dieters up for weight-loss failure. Some fad diets can even be harmful, especially if they promote eating unlimited amounts of single foods. From the all-cookie diet to the all-cabbage diet, eating

extraordinary amounts of the same food is not only boring, it can lead to nutritional deficiencies. Moreover, these plans teach you nothing about sustainable eating for lifelong health.

- Losing more than 10 pounds per week may sound appealing, but it’s a rate of weight loss that is unrealistic to maintain. Slow, steady weight loss at a rate of 1/2 a pound to 1 pound per week is more likely to last than dramatic weight changes. Losing weight too quickly can result in a greater loss of muscle, water and even bone mass, and you’re more likely to regain the pounds quickly afterwards.

Overall, when it comes to dieting, the bottom line is simple: If a diet or product sounds too good to be true, it probably is. The best path to achieving and maintaining a healthy weight is a lifelong combination of eating smarter and moving more. For a personalized and tailored plan that works with your schedule and lifestyle, consider speaking with a Registered Dietitian Nutritionist, like those at the UA Campus Health Service.



## CAMPUS HEALTH

NutriNews is written by Gale Welter Coleman, MS, RDN, CEDRD, CSSD, Sarah Marrs, RDN, and Christy Wilson, RDN, Nutrition Counselors at the UA Campus Health Service.

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.