Fad Diets and Diabetes
Sifting Through the Myths for Better Health

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<table>
<thead>
<tr>
<th>Fad Diets</th>
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<td>Acai Berry Diet</td>
<td>Beverly Hills Diet</td>
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<td>3 Day Diet</td>
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<td>Tapeworm Diet</td>
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<td>17 Day Diet</td>
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<td>Negative Calorie Diet</td>
<td>Atkins Diet</td>
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<td>The Baby Food Diet</td>
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<td>The Clean Program</td>
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<td>The KE Diet</td>
<td>The Pil-Sook Diet</td>
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What is a fad diet?

- Rapid weight loss.
- Quantities and limitations.
- Specific food combinations.
- Rigid menus.
- No need to exercise.
What is a fad diet?

- Recommendations that promise a quick fix.
- Dire warnings of danger from a single product or regimen.
- Simplistic conclusions drawn from a complex study.
- Recommendations based on a single study.
- Statements refuted by reputable scientific organizations.
What is a fad diet?

- Lists of “good” and “bad” foods.
- Recommendations made to help sell a product.
- Recommendations based on studies that aren’t peer reviewed.
- Recommendations from studies that ignore differences among individuals or groups.
Goals

- To decrease the risk of diabetes and cardiovascular disease by promoting healthy food choices and physical activity leading to **moderate** weight loss that is **maintained**.
The Goals of MNT that apply to individuals with diabetes:
Achieve and maintain:

a. Blood glucose levels in the normal range or as close to normal as is safely possible.

b. A lipid and lipoprotein profile that reduces the risk for vascular disease.

c. Blood pressure levels in the normal range or as close to normal as is safely possible.

d. To prevent, or at least slow, the rate of development of the chronic complications of diabetes by modifying nutrient intake and lifestyle.

e. To address individual nutrition needs, taking into account personal and cultural preferences and willingness to change.

f. To maintain the pleasure of eating by only limiting food choices when indicated by scientific evidence.
Reputable Sources of Information

- www.eatright.org
- www.choosemyplate.gov
- www.health.gov/dietaryguidelines
- www.niddk.nih.gov
- www.diabetes.org
- www.joslin.org
- www.heart.org
- www.cancer.org
- www.aicr.org
- www.mayoclinic.com
- www.hsph.harvard.edu/nutritionsource
- www.intuitiveeating.org
- www.centerformindfuleating.org
- www.quackwatch.com
Types of Fad Diets

THE KE/HCG/VLCD DIETS
BABY FOOD DIET
CLEANSING
MEAL REPLACEMENT DIETS
THE ALKALINE DIET
THE PALEO DIET
LOW CARBOHYDRATE DIETS
GF DIETS
NATURAL SUPPLEMENTS
GLYCEMIC INDEX
The KE Diet/HCG/VLCD

- Lose up to 20 lbs in 10 days
- Doctor supervised
- Over 150,000 successes in Europe
- Now available in USA for the first time

Watch the Video
The Baby Food Diet

- Is it realistic?
Cleanses

- Cleansing programs
  - Comprehensive
  - Expensive
- Instructional websites
- Soups-Shakes-Juicing-Fasting

A synergistic blend of gentle-cleansing herbs and other natural botanicals scientifically formulated to help support the body’s natural ability to remove toxins and impurities.
Meal Replacements

- Low in calories
  - 800 to 1000 cals/day
- Shakes, bars, cookies, soups
  - Include one meal (non-starchy vegetables and meat)
- Takes the guesswork out of eating
  - Monotonous
  - Can be expensive

Examples:
- Slim Fast
- Isagenix
- Cookie Diets
- Medifast
The Alkaline Diet

- **Recommendations that make sense**
  - Increase fruits and vegetables
  - Decrease sodium
    - Both improve the K/Na ratio
"Welcome to the original site for The Paleo Diet, your lifelong plan to optimize health and well being."

NEW YORK TIMES BESTSELLING AUTHOR
LOREN CORDAIN, PH.D., THE WORLD’S LEADING EXPERT ON PALEOLITHIC DIETS AND FOUNDER OF THE PALEO MOVEMENT

The Paleo Diet, the world's healthiest diet, is based upon eating wholesome, contemporary foods from the food groups that our hunter-gatherer ancestors would have thrived on during the Paleolithic era, or Stone Age. Learn More...

- The Paleo Diet Premise
- The Paleo Diet Books
<table>
<thead>
<tr>
<th>Eat</th>
<th>Don’t Eat</th>
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<tbody>
<tr>
<td>Grass produced meats</td>
<td>Cereal grains</td>
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<tr>
<td>Fish/seafood</td>
<td>Legumes (including peanuts)</td>
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<tr>
<td>Fresh fruits and vegetables</td>
<td>Dairy</td>
</tr>
<tr>
<td>Eggs</td>
<td>Refined sugar</td>
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<tr>
<td>Nuts and seeds</td>
<td>Potatoes</td>
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<tr>
<td>Oils (olive, walnut, flaxseed, macadamia,</td>
<td>Processed foods</td>
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<tr>
<td>avocado, coconut)</td>
<td>Salt</td>
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<td>Refined vegetable oils</td>
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Low Carbohydrate Diets

- **Examples:**
  - Atkins
  - Eco-Atkins
    - (vegetarian Atkins)
  - Dukan
  - Medifast
  - South Beach
  - Protein Power

- **Why low carb?**
- **Portion distortion**
- **Caution with low carb diets**
2000 calorie diet, grains

6 oz per day:

- 1 slice of bread (1 oz); one regular bagel can = 4 oz equivalents
- ½ English muffin (one whole muffin = 2 ounces)
- ½ cup cooked oatmeal
- ½ cup cooked rice
- ½ cup cooked pasta
- 1 6” flour tortilla

Reference: www.choosemyplate.gov
Patient Talking Points

- Weight/height
- Times and duration of physical activity
- Diabetes medications
- Weight goals
- Age
- Laboratory values
  - cholesterol, triglycerides, kidney function and A1C
- Personal preferences
- Other medical issues
- Cultural background and lifestyle

Reference: www.joslin.org
Low Carbohydrate Diets

- **High carbohydrate diet:**
  - Greater than 45% of total calories.

- **Moderate carbohydrate diet:**
  - 26-45% of total calories.

- **Low carbohydrate diet:**
  - Less than 130 g/d or less than 26% of a nominal 2000 kcal/d diet.

- **Very low carbohydrate diet:**
  - Less than 20-50 g/d or less than approximately 10% of the 2000 kcal/d diet.
    - Generally, although not always accompanied by ketosis.
Gluten Free Diets

- Who needs a gluten free diet?
- Is gluten free healthier?
- How the gluten free diet can negatively impact diet.
<table>
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<tr>
<th>Herbs, Botanicals, and Natural Supplements in the Treatment of Diabetes</th>
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<tbody>
<tr>
<td>• Fenugreek</td>
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<tr>
<td>• American Ginseng</td>
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<tr>
<td>• Cinnamon</td>
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<tr>
<td>• Prickly Pear Cactus</td>
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<tr>
<td>• Oat Bran</td>
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<tr>
<td>• Chromium</td>
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<tr>
<td>• Magnesium</td>
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<tr>
<td>• Selenium</td>
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<tr>
<td>• Alpha Lipoic Acid</td>
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<tr>
<td>• Coenzyme Q10 (CoQ)</td>
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• The glycemic index diet is the general term for weight loss diets that are based on a person’s blood sugar level.
  ○ Some diets use the glycemic index/load as their basis
    ▪ The Zone Diet
    ▪ Sugar busters

• Can be used to guide a person to choose whole, less processed/refined foods.

• Portion size, ripeness of the food, how the food is processed, other foods eaten in combination are important factors on glycemic load.
Fad Diets: More to Discuss

WEIGHT CYCLING
BINGE EATING
Weight Cycling

- Weight cycling - what it is
- Side effects
- Mental health implications
Binge Eating and the Psychological Effects of Dieting

- HONOR your body, HONOR your health
- The guilt-binge cycle
- Mental health and the relationship with food
- Stress and diabetes
References

- Nutrition recommendations and interventions for diabetes. Diabetes Care. 31(1), s 61-s78.
- www.medifast.com
- www.isagenix.com
- Davis et al. (2010). Efficacy of a meal replacement diet plan compared to a food-based diet plan after a period of weight loss and weight maintenance: a randomized control trial. Nutrition Journal. 9:11.
References

- www.thepaleodiet.com
- www.choosemyplate.gov
- www.cnpp.usda.gov/dietaryguidelines
- How much carbohydrate should I be eating in a day. www.joslin.org
References

- Cappello et al. (2012). Ketogenic enteral nutrition as a treatment for obesity: short term and long term results from 19,000 patients. Nutrition and Metabolism. 9:96.
Pietzak, J. (2012). Celiac disease, wheat allergy, and gluten sensitivity: when gluten free is not a fad. 
*Journal of Parenteral and Enteral Nutrition.* 36, 68s-75s.

Research finds shared genetic susceptibility for celiac disease and type 1 diabetes-celiac awareness campaign.

References

Contact

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