Quick Fixes Are Not the Answer for Long-Term Solutions

Melt Fat Away While You Sleep! Drop a dress size in just 60 minutes! Hollywood’s most popular new radical weight loss solution physically fills you up so you simply can’t eat!

Many Americans are looking for a quick and easy way to lose weight. While there are many products available claiming to help you lose weight, most will only be successful in the short term. It’s possible to lose weight on just about any diet. However, the key is being able to maintain weight loss and a healthy lifestyle.

Dieting is big business. In this country alone people spent approximately 43 billion dollars on weight-loss products in 2004. Today mass media is filled with information about nutrition, fitness and health. Much of the information is contradictory and sometimes downright false. People may be confused about their nutritional needs, can end up wasting their hard earned money and may even do harm to their health.

National Nutrition® Month is observed each March. The American Dietetic Association (ADA) says that the most effective long-term way to achieve a healthful lifestyle is to be 100% Fad Free. The ADA defines “food fads” as “unreasonable or exaggerated beliefs that eating (or not eating) specific foods, nutrient supplements or combinations of certain foods may cure disease, convey special health benefits or offer quick weight loss.”

Extra pounds don’t just appear overnight. Rather, weight is gained over a period of time. Likewise, dropping those pounds over time by developing healthy eating habits and incorporating physical activity into daily routines will help people to safely lose weight. Miracle solutions to weight loss do not teach healthy eating habits making them difficult for long-term maintenance.

Make informed decisions and healthy choices by following these tips to determine the reliability of a new product, diet or nutrition recommendation:

- If it sounds too good to be true, then it probably is. No one food, diet or product can provide a “quick fix” to a weight or health problem.
- Avoid products that promise a guaranteed cure or promote miraculous results.
- Beware of products or books that label certain foods as “good” or “bad”.
- Question the reliability of an author that in addition to selling a book is also selling a product, like a supplement or piece of equipment.
- If a diet requires you to avoid foods or an entire group of foods, then look further. Years of science tell us that diets that require deleting an entire group of foods to be effective are unbalanced and you should be suspicious.

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