

## Finding An Alternative To Fad Diets

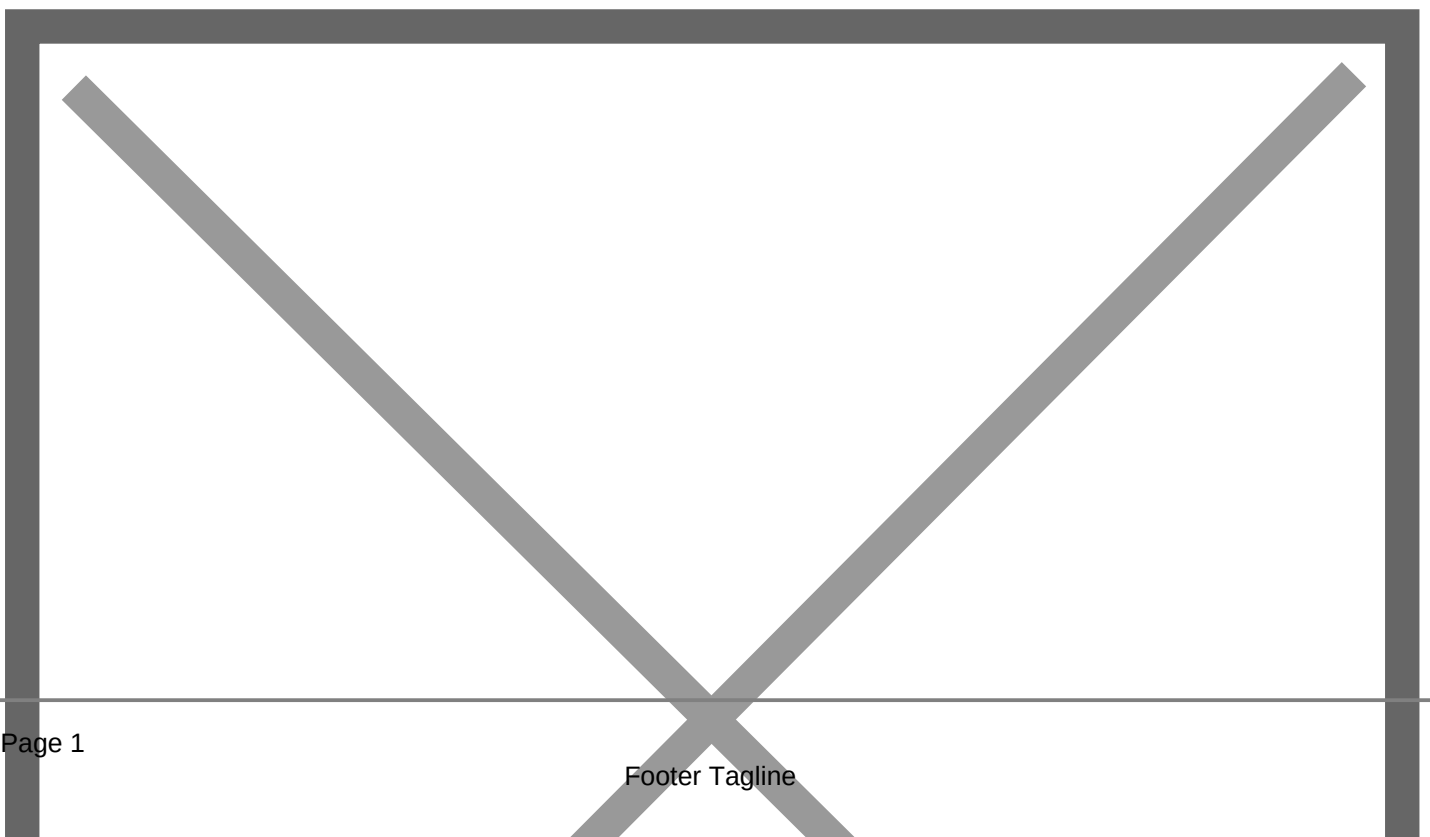
### Description

We're used to living our lives at a million miles per hour, and we expect results quickly. This applies to everything from finding a product online and ordering a coffee to go to losing weight. The trouble with rapid weight loss is that it's often unsustainable. While fad diets may seem like the solution if you've over-indulged over the festive season, there are alternatives that are much more likely to help you achieve your long-term goals.

Fad diets have become incredibly popular, and this is largely due to the fact that they promise swift results. Fad diets usually contribute to rapid weight loss, and this often involves restricting calorie intake, cutting out food groups and dropping pounds without having to exercise. On the surface, fad diets like the Keto and Paleo diets may seem like a great idea, but it's wise to proceed with caution. Eliminating food groups can contribute to nutrient deficiencies and make you crave foods you enjoy, and drastically reducing calorie intake can leave you hungry and increase the risk of sudden weight gain once you come off the plan. Ninety-five percent of people who lose weight on fad diets regain those pounds within 5 years.

Rather than resorting to fad diets, which can impact your mood, your health and your bank balance, it's a good idea to take the advice shared in this infographic on board. Aim for a nutritious, balanced diet, which champions fresh produce, whole grains and vitamin-laden fruit and vegetables. Plans like the Mediterranean diet are proven to help weight loss and improve health at the same time and they produce sustainable results. People who live in Mediterranean countries are less likely to develop life-threatening diseases.

Before you reach for a diet book or think about giving up all your favorite foods for good, why not take a closer look at the infographic below?



Infographic Created By [University of Southern California](#)

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