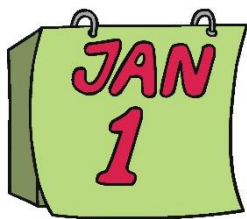


New Year New You?



It is the beginning of a new year! The diet industry's favourite time to encourage unhealthy diet habits in the name of self improvement.

There is no problem with using the new year to set some new goals around health and lifestyle. However, it is important to set goals that are achievable and will give you the results that you want – not cost a fortune and leave you with a nutritional deficiency!

Here are some top tips on how to spot if a diet is a 'fad':

- Cuts out whole food groups.
- Advertises weight loss of more than 1kg per week.
- Advertises a particular food for having 'fat busting' properties.
- Offers no supporting scientific evidence, or suggests it is a 'secret' that 'doctors don't want you to know about'.
- Uses the word detox or cleanse – there is no such thing as 'clean' or 'dirty' food, and all foods can be included as part of a balanced diet.
- Expensive shakes / drinks and powders to replace normal food.
- Promises one magic ingredient to lose weight without changing your dietary habits.
- Advertised by celebrities/ influencers without any nutritional qualifications.
- Encourages only one type of food to be eaten, or only a few different foods but in a particular order or time of day.
- Suggests cutting out entire meals or extreme fasting.



It can be very tempting to look for a quick fix when keen to lose weight, especially if you have tried multiple diets in the past. However, 'fad' diets can pose a real risk to your health and your bank balance, ignoring your hunger and fullness cues can affect your relationship with food and lead to a cycle of weight loss followed by weight regain.

Very restrictive diets can be overwhelming and it can be difficult to stick to them for very long - the best way to lose weight and keep it off is to make changes that you can sustain, and that make you feel good!

Can you look at making smaller goals that would improve your nutrition? See some top tips below:

- Increase vegetables – try to have them at every meal!
- Reduced number of takeaways per week.
- Try to take a packed lunch to school or work instead of relying on fast food.
- Look at activity levels, could you get off the bus a stop earlier or go for a walk on your lunch break?
- Don't put yourself under too much pressure to do everything at once, all changes are made one step at a time!

Check out this resource by the British Dietetic Association for more information on spotting fad diets: [Fad diets \(bda.uk.com\)](https://www.bda.uk.com)

If you are interested in making some lifestyle changes and are registered with an Ardwick & Longsight GP practice, you could be eligible for the Real Food Real Health 8-week course. Fill in this application form to apply: [Application form](#)