

5 Diet **RED** Flags



Diets That Promote/Promise Drastic Weight Loss

When starting any diet, you may drop lots of weight at first. But losing more than two pounds/week means you risk losing muscle mass. You're also eating in a way that's not sustainable. Your metabolism will slow in response, and you'll soon feel deprived. Adopt habits that support healthy weight and you can live with for life!



Diets That Make You Eat Opposite Of How You Eat Now

An eating plan incompatible with your lifestyle is an eating plan you won't stick with. If you have to eat special foods, avoid every food you love, and second guess every forkful, you're torturing yourself! Build a nourishing diet that includes ALL foods.



Diets That Have Less Than 1,200 Daily Calories

Diets based on arbitrary numbers are pointless! The amount of fuel (calories) you need daily is not arbitrary. . .it's determined by genetics, activity level, age, muscle mass and a host of other variables. Restricting calories leaves you cranky, irritable, headachey, lethargic and HUNGRY!



Diets That Cut Out Entire Food Groups

Cutting out whole food groups puts you at risk for not getting all the daily nutrients you need. Adequate vitamins, minerals, fiber, protein, carbs and fat help your body run efficiently, support your immune system and keep your energy up.



Diets That Promise A Cure

There's no disputing the power of diet and nutrition to support health and healing. But it's simply not true that any one food or diet will cure breast cancer. If you find a diet that claims to be the answer to cancer, please know that's untruthful and potentially harmful information.

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