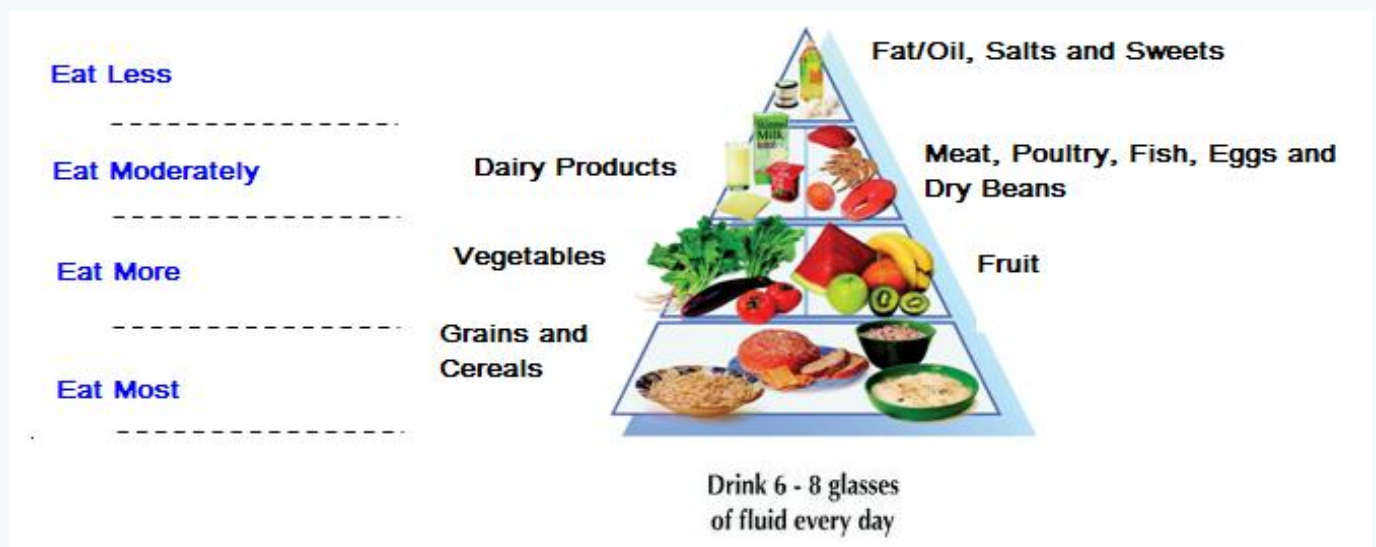


Myths in Quick-weight-loss and Fad Diets

New quick-weight-loss and fad diets keep popping up. Many of these diets promise weight loss through energy restriction and elimination of certain food groups. For example, the Apple Diet allows apples only for every meal; the Atkins diet advocates for low-carbohydrate diet that cuts out starchy foods. People taking these monotonous and rigid diets are prone to have loss of appetite and subsequently reduction of food intake (and total energy intake as well). It, however, is almost impossible to stay on them for long periods. Once returning to old eating pattern, weight rebound may occur. Meanwhile, there is no single food type that could provide all essential nutrients for good health and therefore a variety of food should be included as part of a balanced diet. Otherwise, it may have negative impact on health such as nutritional deficiency and compromised immune system. Many scientific studies showed that low-fat and balanced diet with adequate physical activity is the key to healthy weight management. It is recommended to plan our diet as suggested by the Food Pyramid --- with appropriate amount of each food group and a variety of food that is low in fat, salt and sugar. This would help to prevent excessive energy intake and unwanted weight gain while obtaining all the necessary nutrients.

A meal should include grains and cereals (eat most), vegetables (eat more) and meat (eat in least amount).

Food Pyramid (Adults)



To know more about ...

- ✧ healthy eating, please visit 'Health Zone' website at <http://www.cheu.gov.hk>
- ✧ 'Health@work.hk Project', please visit <http://www.healthatwork.gov.hk>