Myth: Fad diets work for permanent weight loss

- **Fact** – Although fad diets often promise quick weight loss by cutting certain foods out of your diet, most people quickly get tired of them and regain any lost weight.
- **Fact** – Losing ½ to 2 pounds a week by making healthy food choices, eating moderate portions, and including physical activity into your daily life is the best way to lose weight and keep it off.

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Myth: Low-carbohydrate diets are a healthy way to lose weight

- **Fact** - "Low-carb" diets often include too much fat and cholesterol and too few fruits, vegetables and whole grains. This type of diet increases your risk of developing heart disease.
- **Fact –** Low or no carb does not equal no calories. You can still gain weight if you eat more calories than you use each day.

*Tip: Eat a varied diet that contains 6-11 servings of grains and 2-3 servings of fruit each day.

Myth: Certain foods like grapefruit or cabbage soup can burn fat

- **Fact –** No foods can burn fat. Some foods with caffeine may speed up your metabolism for a short time, but they do not cause weight loss.

*Tip: Burn fat by becoming more physically active and by cutting the number of calories that you eat each day.

Myth: Supplements can replace nutritious foods

- **Fact –** Whole foods are the best sources of vitamins and minerals for the following reasons:
  - Whole foods are complex – They contain a variety of the macronutrients that your body needs - not just one.
  - Whole foods provide dietary fiber- fiber is important for digestion and can help prevent diseases such as cancer and heart disease.
  - Whole foods contain disease fighting compounds like phytochemicals and antioxidants that many supplements lack.

Myth: Eating at night causes you to gain weight

- **Fact** – It does not matter what time of day you eat. Instead, it is what and how much you eat, and how physically active you are during the day that determines when you gain weight.

- Many diets instruct people not to eat at night because people often turn to high calorie/fat comfort foods after a long day.

*Tip regardless of when you eat, balance the calories you eat with those that you use to maintain weight.

Myth: Natural or herbal weight-loss products are safe and effective

- **Fact**- Dietary supplements and weight-loss products are not regulated by the FDA like other food products. Therefore, these products do not need to be scientifically tested to prove that they are safe or effective.
- **Fact**- Even herbal or natural products, like ephedra (now banned in the U.S.), may cause serious health problems or even death.

Tip: Talk with your health care provider before using any weight loss product.