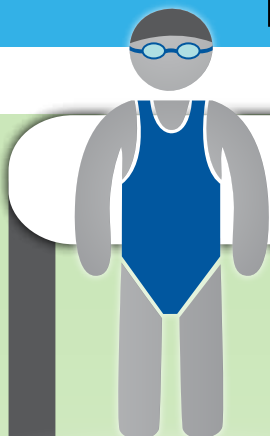




# FAD DIET CONFUSION

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The goal of a fad diet is weight reduction. Fad Diets may eliminate at least one essential food group, or may recommend a type food or food group in excess.

- Intended to produce results too quickly compared to a traditional diet program.

Not all diets are appropriate for every population and this is especially true of an athlete in training. The special needs of an athlete include:

- Higher carbohydrate needs.
- Higher protein needs.
- Higher caloric needs due to training and higher amount of lean mass.
- Frequent fueling before training and post-workout recovery nutrition.

## PROS & CONS OF FAD DIETS

### PROS

- Provides rules, making it easy to follow.
- Provides structure to any unstructured eating pattern.
- Usually faster results.
  - Some of these may be too large and too fast because of the extreme nature/change of some diets.

### CONS

- May eliminate one or more essential food groups or nutrients: carbohydrates, grains, most produce, fat, dairy products, or red meat.
- Usually reduces weight too quickly, causing a loss of muscle.
- Often not sustainable, causing weight re-gain after diet is discontinued.
- May also lead to more weight gain than initially lost.
- Severe restriction of certain foods can put many at risk for binge eating over time.
- Recommends an overconsumption of a type of food to replace others.
- Regimen that is extreme in nature.

PALEO DIET

GLUTEN FREE DIET

INTERMITTENT FASTING

## POTENTIAL PITFALLS FOR ATHLETES

### LOW CARBOHYDRATE CONSUMPTION:

- Poor energy levels during activity.
- Depletion of glycogen stores, leading to worsening fatigue and increased injury risk.
- Increased risk of cramping due to inability to retain water & inadequate energy intake.
- Poor focus, mood, and cognition related to the brain not being properly fueled.
  - The brain relies on carbohydrates only for fuel.
  - Absolute minimum amount of carbohydrates for a **non-athlete** to consume daily = ~130g (\*\*Brain requires ~130g of carbohydrates to function).
  - Athletes need to fuel both their brain and their training, and therefore will require much more than 130g of carbohydrates.

### LOW SODIUM CONSUMPTION:

- Increased risk of cramping from a decrease in water retention and poor sodium replenishment.
  - Sodium is the electrolyte lost most in sweat and in greatest need of replenishment.
- Impaired muscle function from inadequate balance of sodium and potassium.

### FASTING PERIODS:

- Training with low energy levels, leading to poor performance and risk of syncope (fainting and/or drop in blood pressure).
- Depletion of glycogen stores over time if muscles do not receive recovery nutrition.
- Difficult to obtain sufficient calories during shorter feeding windows, which may lead to weight and/or lean tissue loss.
- Body adapts to burning fewer calories and storing fat, which may set the body up for regain of body weight, especially fat mass.
- Lean tissue breakdown.
- Poor focus, mood, and cognition.



# FAD DIET CONFUSION

## EXAMPLES OF FAD DIETS

	PALEO DIET	GLUTEN-FREE DIET	INTERMITTENT FASTING
<b>PREMISE:</b>	Mimics foods eaten by our “hunter-gather” ancestors.	Medical nutrition diet used to treat celiac disease. This should only be used if celiac disease has been diagnosed.	Periodic fasting aiming to curve hunger, which ultimately restricts calories due to shortened feeding window.
<b>PRINCIPLES:</b>	<ul style="list-style-type: none"> <li>• Low carbohydrates: Non-starchy fruits &amp; vegetables making up 35-45% of daily calories.</li> <li>• Higher protein.</li> <li>• Higher potassium, lower sodium.</li> <li>• Moderate to higher fat intake (Mostly omega-3 and omega-6).</li> </ul>	<ul style="list-style-type: none"> <li>• Celiacs must avoid gluten-containing foods: Bread, pasta, cereals, soups, sauces, baked goods, malt, etc.</li> <li>• To protect small intestine from damaging autoimmune response that occurs in celiacs who consume gluten.</li> <li>• Rice products do not contain gluten.</li> </ul>	<ul style="list-style-type: none"> <li>• Includes different variations of fasting.</li> <li>• Drawing out the overnight fast for a specified period of time (16-36 hours) and narrowing the feeding window to 4-12 hours.</li> </ul>
<b>POTENTIAL BENEFITS FOR THE ATHLETE:</b>	<ul style="list-style-type: none"> <li>• Promotes healthy fats.</li> <li>• Promotes fruit &amp; vegetable consumption.</li> <li>• May decrease body weight and/or body fat %.</li> </ul>	<ul style="list-style-type: none"> <li>• Able to alleviate symptoms of those with celiac disease. This should only be used if a gluten allergy is present.</li> <li>• May decrease body weight and/or body fat %.</li> <li>• Elimination of many refined grains, and flour-based sweets (i.e. cookies, cakes, etc.).</li> </ul>	<ul style="list-style-type: none"> <li>• May decrease body weight and/or body fat %.</li> <li>• May provide a different type of structure/change that motivates a person temporarily.</li> </ul>
<b>POTENTIAL PITFALLS FOR ATHLETE:</b>	<ul style="list-style-type: none"> <li>• Favors low carbohydrate consumption.</li> <li>• Favors low sodium consumption.</li> <li>• Restricts many fruits/veggies = inadequate carbs.</li> <li>• Very restrictive &amp; expensive for college athletes w/ limited \$ and time.</li> </ul>	<ul style="list-style-type: none"> <li>• May be hard to meet carbohydrate needs through limited gluten-free food choices.</li> <li>• Possible nutrient deficiencies if not replacing nutrients found in whole grain/gluten-containing foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Would require athlete to train while fasting such as a Muslim athlete during Ramadan.</li> <li>• Inability for proper muscle recovery during fasting periods.</li> <li>• Could potentially be dangerous if athletes have morning practice – risk of syncope.</li> </ul>
<b>EXAMPLE BREAKFAST:</b>	<p>3 eggs, 2 tbsp. olive oil, parsley, 1 grapefruit, Herbal tea.</p> <hr/> <p>560 calories, 30g carbs, 21g protein, 40g fat.</p>	<p>2 cups Rice Chex cereal, 1 cup 1% milk, 1 banana, 1 oz. walnuts.</p> <hr/> <p>645 calories, 99g carbs, 18g protein, 19g fat.</p>	<p>Most fast days/times won't include breakfast as they continue the fast from sleep.</p>

**A leaner body composition does NOT always mean better sports performance! A properly fueled athlete will perform better than a leaner, unfueled athlete.**