



...because health matters!

# Nutrition Matters

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## What Really Happens When We Diet

Why We Diet	This Is What Really Happens
<p>Skipping meal or decreasing calories</p>	<ul style="list-style-type: none"> <li>● This lowers metabolism so we store fat more easily from fewer calories.</li> <li>● The brain's and muscle's demand for fuel causes rebound "munchies", usually for high fat and high sugar items.</li> <li>● Poor attention span, irritability, fatigue.</li> <li>● Muscle tissue may be lost.</li> </ul>
<p>Cut out starchy foods</p>	<ul style="list-style-type: none"> <li>● Your body loses its best source of stable energy, you'll be more likely to feel moody and tired.</li> <li>● You'll end up eating higher fat and sugary foods to satisfy munchies.</li> </ul>
<p>Cut out meats</p>	<ul style="list-style-type: none"> <li>● May risk iron deficiency which leads to fatigue.</li> <li>● Energy from meals may not last as long, causing more hunger between meals for high fat, high sugar foods.</li> </ul>
<p>Go on preplanned meal replacement diet or liquid diet</p>	<ul style="list-style-type: none"> <li>● You have a 95% chance of regaining any weight you lose in 1 to 2 years.</li> <li>● You give away control to the plan, which lowers your self-esteem.</li> <li>● You often lose muscle mass with fat. This lowers your metabolism, making it easier to store fat on fewer calories.</li> <li>● Habits are replaced temporarily, not changed permanently. Also, it's expensive.</li> </ul>
<p>Fasting</p>	<ul style="list-style-type: none"> <li>● Most of the weight lost is water.</li> <li>● Muscle mass decreases - which lowers metabolism. Subsequent fat gain.</li> <li>● Can be medically dangerous for some individuals.</li> </ul>

Why We Diet	This Is What Really Happens
To be slim	<ul style="list-style-type: none"> <li>● Slimness is temporary. Over the long run, 95% of dieters regain the weight. Many women get fatter, so they diet again, with similar poor results. This is called diet cycling and it can lead to obesity.</li> </ul>
To be healthier	<ul style="list-style-type: none"> <li>● Diet cycling increases health risks more than being overweight.</li> <li>● Most dieting decreases our muscle mass. Muscles are needed for good health.</li> <li>● Most diets are unhealthy. Your body and mind don't run well when you restrict calories. Dieting makes you moody and irritable, and makes you obsessed with food. This feels like failure, but in fact it is physiological response and has nothing to do with will power.</li> </ul>
To be more attractive	<ul style="list-style-type: none"> <li>● What attracts you to someone else? Do you want your friends to like you for your body or yourself? What are long term relationships based upon? If you are dieting, are you any fun to be around?</li> </ul>

**This information was prepared by the Nutritionists from Boundary Health Unit.**