

# Skip the Fad Diet – Go the Healthy Way

**Most overweight people would like to lose that extra weight *right away*.** This has created a market for fad diets, pills, and supplements.

**How can I tell if a diet is a “fad” diet? Signs of a fad diet include:**

- Miraculous claims and testimonials
- Promises of fast weight loss
- Rules that make you avoid certain food groups
- A food plan that does not consider your preferences and lifestyle

**Do fad diets work?** No! They can make you lose weight over the short-term, but you will gain it back. To lose weight and keep it off, you have to change your eating and physical activity and make this part of your lifestyle. Fad diets don’t result in long-term weight loss and may be bad for your health.



### **Will over-the-counter weight loss supplements help me?**

No. Many over-the-counter products contain questionable, if not frankly dangerous substances. Some of these over-the-counter products actually contain medications that should require a prescription or are illegal in the United States. These substances can also interact with your prescribed medications.

There are a small number of prescription medications that are approved by the Food and Drug Administration (FDA) for weight management. If you feel you would benefit from a weight loss medication, let your MOVE!® or health care team know. These medications are designed to work in conjunction with MOVE!®. They can help, but they are also not fast solutions.



**Are all diets bad?** No. Eating healthier is always good for you. Your health care team or dietitian may recommend a special diet. These diets do work in managing problems like diabetes. They also help you manage your weight. The current medical opinion is that one should choose a healthy diet and stick with it now and in the future. Find a healthy diet that works for you.

**What does work?** Eating in more healthy ways and gradually increasing your physical activity works. View the success stories on the MOVE!® Web site to see how other Veterans have improved their health: [www.move.va.gov](http://www.move.va.gov).