WHAT ARE FAD DIETS?
A fad diet is typically a very restrictive diet followed for a short time. The emergence and popularity of fad diets stems from society’s focus on weight loss and quick-fixes and often label food as “good” and “bad.” In reality, a healthy mindset around food means including a variety of foods. It’s okay to include foods that may not have a lot of nutritional benefits in moderation and honoring your natural hunger cues.

Why Shouldn’t I Follow One?
Fad diets can come with many negative consequences such as increasing the stress hormone cortisol, increasing risk of developing eating disorders, and dangerous weight cycling. Restriction can make it difficult to meet energy and nutrient needs which can lead to decreased concentration and fatigue. Lastly, it can also decrease satisfaction and pleasure of eating.

Indicators:
- “Miracle or magic solution”
- “Rapid weight loss”
- “Anti-aging”
- “No need for exercise”
- Heavy supplementation
- Elimination of entire food groups (i.e. carbohydrates)
- Specific food combinations

Common Fad Diets:
- The Raw Food Diet
- Macrobiotic Diet
- Zone Diet
- Gluten –Free
- South Beach Diet
- Keto / Paleo etc.

WHAT TO DO INSTEAD:
Research shows that the only intervention showing promising long-term weight-loss results is a lifestyle that emphasizes healthy foods and regular exercise. There is no superfood or drug that will “magically” help us meet our weight loss or health goals. So, we shouldn’t deprive ourselves of food that our bodies need, but instead focus on increasing whole foods into our diets and exercising more regularly.

Rules of Thumb:
“Does the diet sound too good to be true?” If so, it probably is.
“Can I reasonably eat this way for the rest of my life?” If the answer is no, it is probably not the right diet plan for you.
### Loaded Veggie Turkey Meatball Curry

#### Ingredients:

**Turkey Meatballs:**
- 1 lbs ground turkey
- 1/2 cup finely chopped carrots
- 1/2 cup finely chopped celery
- 1 egg
- 1 tsp onion powder
- 1 garlic clove, chopped

**- 1 tsp salt**

**- 2 tbsp parsley, finely chopped (or herb of your choice)**

**- pepper, to taste**

**- 1 tbsp flour**

**Curry:**
- 2 tbsp coconut/olive oil
- 1 med white onion, finely chopped
- 1/2 bell pepper, sliced
- 2 large garlic cloves
- 1/2 tbsp green curry paste
- 1 tbsp brown sugar
- 1 stalk lemongrass

**- 1 can (13.5 oz) coconut milk**

**- 1 cup kale (or any other green)**

**- salt and pepper**

Optional:
- fresh basil or cilantro
- 1 tbsp flour as binder
- lime wedges

#### Instructions:

**Tukey Meatballs:**
1. Preheat oven to 400°F/200 °C.
2. Combine all meatball ingredients in a large bowl until well incorporated.
3. Roll into about 25 tablespoon size meatballs.
4. Place on lined baking sheet and bake for 15-18 minutes or until slightly golden.

**Curry:**
1. While meatballs cook, add oil to large skillet over medium heat. Add chopped onion and cook until soft.
3. Add bell pepper and cook until slightly soft.
4. Add in coconut milk. Stir and bring to a boil. Reduce heat and let simmer for about 10 minutes, until mixture thickens.
5. Add in cooked meatballs and kale during last few minutes of cooking.