

Diet Facts



1. **Diets don't work.** Many people lose weight, but almost all gain it back, often regaining more than they lost. Only 3 to 5 percent of those who diet and lose weight maintain significant weight loss.
2. **Dieting can disrupt normal eating** and lead to binge eating, overeating and chaotic eating patterns. Dieting ignores internal signals of hunger and fullness, teaching you to be out-of-touch with your appetite.
3. **Dieting can cause food and weight obsessions.** As a food becomes off-limits, that is usually what you crave! When food is restricted, you feel deprived and spend more time thinking about food and weight.
4. **Dieting can lead to disordered eating.** Many specialists believe that the high rates of eating disorders in the U.S. are due in part to people dieting, losing weight, rebounding, and becoming chronic dieters.
5. **Dieting can erode self-esteem, confidence and self-trust.** When dieting efforts fail, dieters typically feel they are the failure, not the diet.
6. **Dieting can make you feel tired and lightheaded.** Your body may not be getting all the energy it needs from restricted eating. If a diet eliminates whole categories of foods, it may be low in nutrients.
7. **Dieting can encourage size prejudice.** You may become more critical and judgmental of yourself and others rather than respecting and accepting body size differences. Rather than evaluating yourself or others based on size, consider other features. These might include kindness, contributions to the community, and ability to laugh.
8. **Diets put your life on hold.** Live the life you want now. Don't wait until you reach a certain weight or size. You deserve the best – now.

Adapted from: Berg, Frances. "Top 10 reasons not to diet." *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*. Hettinger, ND: Healthy Weight Network, 2000.