

## **Dieting is the Pits!**

Diets are Risky.

- Dieting may contribute to obesity.
- Dieters may be eight times more likely to develop eating disorders than non-dieters.

Diets don't really make you lose weight.

- Diets work only 1-5% of the time.
- Most dieters regain the weight lost plus more within 5 years.

You probably won't keep the weight off.

- Research shows genetics plays a huge role in determining your weight.
- The goal of dieting is that the body uses its stored for of energy (i.e. fat) to make up for lack of food. This has been shown not to work.
- The body does what it can to protect itself, holding onto fat if necessary.
- When you don't let your body eat certain foods, you become preoccupied with them.
- When you don't fuel your body, your body slows down, so you can't burn calories efficiently.
- Regained weight often shows up in the form of fat, and not muscle (muscle burns more calories than fat)!
- Each time you diet you slow down your metabolism

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