

Healthy Eating Habits Give You the Life Fad Diets Never Can

The health and fitness industry is overloaded with fad diets promising a trim waistline, detoxed body, and endless energy. Promoted by Hollywood stars, pop idols, and supermodels, there's a fad diet to suit people's taste buds, budget, and aspirations.

What's wrong with fad diets?

The problem with fad diets is they aren't based on sound science and they usually involve excluding food groups, eating liquid diets, or counting calories. While [fad diets can give you fast weight loss in the short-term, they aren't sustainable](#), both in terms of sticking with it and the environmental impact.

Carbohydrates are demonized and restricted in low-carb diets such as the Atkins diet, yet it's only the carbohydrates found in sugary foods, such as biscuits, cakes, chocolate, and sweets, that can lead to weight gain and diabetes.

Complex carbohydrates found in wholegrain foods, such as oats, wholegrain cereals, rice, and pasta, provide essential nutrients and fiber needed for our body to function properly. A whole food diet is high in fiber, which is beneficial for friendly gut bacteria, regular bowel movements, and feelings of fullness that stop us overeating.

What can we eat for a healthy body, mind, and planet?

Unfortunately, you can't always trust government nutrition advice. The My Plate guidelines produced by the U.S Department of Agriculture was influenced by food industry lobbyists. In response, the Harvard School of Public Health created a [Healthy Eating Plate](#) to provide bias-free guidelines. The [American Heart Association's diet and lifestyle guidelines](#) are also helpful.

With the publicity of the environmental damage caused by the intensive meat, dairy, egg, and fishing industries, as well as the health benefits of a plant-based diet, dietary advice and trends are changing. Top sportspeople are thriving on a plant-based diet and nature conservationists show us the impact of our lifestyle far beyond our health and home.

Plant-Based Nutrition for Optimum Health

Eating predominantly plant foods and reducing meat, dairy, and egg consumption can give you the green and healthy lifestyle you're looking for.

While organic meat, dairy, and eggs are healthier than factory farmed and less harmful to the environment, animal products are linked with chronic illness, such as heart disease, stroke, and some cancers. Scientific evidence shows that a whole food, plant-based diet can prevent and treat a number of chronic health diseases.

Where creators of fad diets exploit consumers searching for a quick fix, nutrition experts like Dr. Michael Greger are on a mission to help people eat well and live a healthy life free from chronic disease. His not-for-profit nutritionfacts.org website and his book *How Not To Die* provide the science to show how diet can reduce the risk of breast and colon cancers, as well as heart disease, stroke, and diabetes.

While fad diets may help with short-term weight loss, a whole food, predominantly plant-based diet is the answer to long-term health and longevity. To help your family eat more healthily, steer clear of fad diets and look for unbiased, evidence-based information.