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Fad diets between truth and myth

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While obesity becomes the public health threat, many people are following fad diets to lose weight fast. Moreover, social media and peers contribute to the popularity of fad diets as they pressure to individuals a certain body image, which leads to low self-esteem and perhaps eating disorders. These diets are often supported by celebrities and some health “professionals”. Although fad diets may appeal as simple way to lose weight, they may lead to health complications. Furthermore, undertaking restricted diets such as Atkins, low-carb diet, keto diet and others severely restrict food groups or nutrients that may also mean missing out on the protective health effects that a balanced eating plan provides. Understanding body composition will definitely help individuals to meet their body needs and adapt a healthy balanced diet. After revising the history of these diets and exploring the scientific evidence, it must be noted that long-life changes in diet and lifestyle is the best approaches to lose weight and maintain a healthy weight in the long term. In addition, it is necessary to be aware of our general daily habits, remembering that eating wisely is important but it is not everything. Getting active is also very relevant to improve (or recover) our health.

Biography

Rania has completed her bachelor degree in clinical nutrition and dietetics from University of Sharjah. She have DHA license. She is a clinical nutritionist in one of the leading clinics in Dubai and Sharjah and a research supervisor in University of Sharjah.

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