

Uncovering the Mysteries of Fad Diets *By Aubrey Ubling, RD, CDE*

In today's fast-paced, results-driven society it seems that someone is always trying to sell us a new path to weight loss. Fad diets usually require the elimination of certain foods while others claim you can eat all you want without consequence. Let's examine some of the most popular and often misunderstood diets in the media today.

The Paleo diet encourages us to eat the way our ancestors ate eliminating dairy, legumes, grains, alcohol, processed foods, sugar and sugar substitutes. Composed of 40% carbohydrates, 30% fats and 30% proteins, it focuses on consuming foods such as fruits, non-starchy vegetables, nuts and seeds, healthy fats, eggs, fish and quality, grass fed meats. While decreasing processed foods and sugars is helpful, if followed improperly this diet can be very high in saturated fats and lead to some vitamin and mineral deficiencies related to the elimination of foods.

Atkins, South Beach and other high protein diets limit carbohydrate intake to as little as 10-20% of total calories per

day (compared to the recommended intake suggested by most nutritional guidelines of 45-65%). These diets encourage heavy consumption of animal proteins which can cause constipation, increased risk of cardiovascular disease, increased cholesterol levels, some cancers, kidney failure, kidney stones and osteoporosis.

Gluten-free diet, which is typically prescribed for those with celiac disease and wheat allergies, has grown in popularity for those without these conditions. Following this diet can result in a decreased intake of iron, folate and fiber – deficiencies that have been linked to increased risk of anemia, cardiovascular disease, certain cancers and Alzheimer's disease.

HCG diet limits daily calorie intake to 500-800 while hormones are administered. Anyone following a very low calorie diet is likely to lose weight. Eventually the body is forced to feed on its own muscles for energy, which can weaken the heart and other organs resulting in decreased muscle tone, irregular heartbeat, electrolyte imbalance and improper muscle and nerve function.

The bottom line is that the faster weight comes off, the faster it is likely to be regained. Diets that eliminate foods can be harmful to our health and most likely unsustainable over the long term. For healthy weight loss, try to lose one to two pounds per week. For additional information or guidance seek out a nutrition professional, such as a Registered Dietitian.

Welcome Dr. Vaughn

Thunderbird Internal Medicine is pleased to welcome internist Wesley Vaughn, MD to our team! He earned his medical degree at the University of Arizona College of Medicine and completed his residency at the Tucson Medical Hospital.

Before joining Thunderbird Internal Medicine, Dr. Vaughn served as the director of an anticoagulation clinic and helped an outpatient, hospital-affiliated internal medicine practice in Tucson achieve Patient Centered Medical Home designation.

Dr. Vaughn brings with him a commitment to patient education and a special interest in office orthopedics and skin conditions. He will begin seeing patients at the Estrella office in mid June.



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