

# FAD DIETS

A MEDICAL DICTIONARY, BIBLIOGRAPHY,  
AND ANNOTATED RESEARCH GUIDE TO  
INTERNET REFERENCES



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AND PHILIP M. PARKER, PH.D., EDITORS

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## FORWARD

In March 2001, the National Institutes of Health issued the following warning: "The number of Web sites offering health-related resources grows every day. Many sites provide valuable information, while others may have information that is unreliable or misleading."<sup>1</sup> Furthermore, because of the rapid increase in Internet-based information, many hours can be wasted searching, selecting, and printing. Since only the smallest fraction of information dealing with fad diets is indexed in search engines, such as **www.google.com** or others, a non-systematic approach to Internet research can be not only time consuming, but also incomplete. This book was created for medical professionals, students, and members of the general public who want to know as much as possible about fad diets, using the most advanced research tools available and spending the least amount of time doing so.

In addition to offering a structured and comprehensive bibliography, the pages that follow will tell you where and how to find reliable information covering virtually all topics related to fad diets, from the essentials to the most advanced areas of research. Public, academic, government, and peer-reviewed research studies are emphasized. Various abstracts are reproduced to give you some of the latest official information available to date on fad diets. Abundant guidance is given on how to obtain free-of-charge primary research results via the Internet. **While this book focuses on the field of medicine, when some sources provide access to non-medical information relating to fad diets, these are noted in the text.**

E-book and electronic versions of this book are fully interactive with each of the Internet sites mentioned (clicking on a hyperlink automatically opens your browser to the site indicated). If you are using the hard copy version of this book, you can access a cited Web site by typing the provided Web address directly into your Internet browser. You may find it useful to refer to synonyms or related terms when accessing these Internet databases. **NOTE:** At the time of publication, the Web addresses were functional. However, some links may fail due to URL address changes, which is a common occurrence on the Internet.

For readers unfamiliar with the Internet, detailed instructions are offered on how to access electronic resources. For readers unfamiliar with medical terminology, a comprehensive glossary is provided. For readers without access to Internet resources, a directory of medical libraries, that have or can locate references cited here, is given. We hope these resources will prove useful to the widest possible audience seeking information on fad diets.

*The Editors*

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<sup>1</sup> From the NIH, National Cancer Institute (NCI): <http://www.cancer.gov/cancerinfo/ten-things-to-know>.



## CHAPTER 1. STUDIES ON FAD DIETS

### Overview

In this chapter, we will show you how to locate peer-reviewed references and studies on fad diets.

### The Combined Health Information Database

The Combined Health Information Database summarizes studies across numerous federal agencies. To limit your investigation to research studies and fad diets, you will need to use the advanced search options. First, go to <http://chid.nih.gov/index.html>. From there, select the “Detailed Search” option (or go directly to that page with the following hyperlink: <http://chid.nih.gov/detail/detail.html>). The trick in extracting studies is found in the drop boxes at the bottom of the search page where “You may refine your search by.” Select the dates and language you prefer, and the format option “Journal Article.” At the top of the search form, select the number of records you would like to see (we recommend 100) and check the box to display “whole records.” We recommend that you type “fad diets” (or synonyms) into the “For these words:” box. Consider using the option “anywhere in record” to make your search as broad as possible. If you want to limit the search to only a particular field, such as the title of the journal, then select this option in the “Search in these fields” drop box. The following is what you can expect from this type of search:

- **The low-carb diet craze**

Source: Time Magazine. p. 73-79. November 1, 1999.

Summary: Fad diets come and go, but the low-carb, high-protein diet is exploding. Stein discusses whether you can really lose weight by feasting on beef, eggs and bacon and whether or not it's healthy to.

- **Eighth Annual Healthy Weight Week Promotes Health and Diversity**

Source: Healthy Weight Journal. 15(1):2. January/February 2001.

Summary: Healthy Weight Week encourages companies and television shows to depict healthy active women of all shapes and sizes. It sponsors awards to promote healthy eating and increased physical activity while trying to prevent weight cycling and eating

disorders. In 2001, Healthy Weight Week was celebrated January 21 to 27, and Healthy Weight Day was January 25. January 23 was Rid the World of **Fad Diets** and Gimmicks Day, which spotlighted the widespread fraud and quackery in the weight loss industry. The article highlights the Healthy Weight Awards for 2001 in the categories of best advertisement, best television show, and best catalog. The Slim Chance Awards, designed to bring attention to dubious weight loss products, 'awards' recipients for the worst claim, worst product, worst gadget, and most outrageous. The 2001 recipients are listed. The article provides the Web site of Healthy Weight Week and the Healthy Weight Network.

- **Ways to win at weight loss**

Source: FDA Consumer. May 1998.

Contact: Superintendent of Documents, P.O. Box 37154, Pittsburgh, PA 15250-7954. (202) 512-1800.

Summary: Larkin states that many people persist in seeking simple cures to overweight and obesity. Lured by **fad diets** or pills that promise a quick and easy path to thinness, they end up disappointed when they regain lost weight. This article discusses how to succeed at weight loss.

- **Nutritional Support for the AIDS Patient**

Source: Caring Magazine. 9(10): 70-74. October 1990.

Summary: Maintaining the nutritional status of the AIDS patient can help offset the weight and energy loss associated with the disease, helping the patient to function more normally. However, AIDS and its many manifestations present a number of obstacles to sustaining a nutritionally balanced diet. This article discusses these obstacles and the role of home health care providers in overcoming them. Specific difficulties discussed include anorexia, decreased appetite, oral and esophageal pain or lesions, chewing and swallowing difficulties, nausea and vomiting, gastrointestinal complications, altered taste perception, and **fad diets** undertaken as alternative remedies for the disease. A brief section discusses pediatric AIDS. 1 table. (AA-M).

- **On the teen scene: Should you go on a diet**

Source: FDA Consumer. May 1997.

Contact: Superintendent of Documents, P.O. Box 37154, Pittsburgh, PA 15250-7954. (202) 512-1800.

Summary: Not all teens who go on diets need to lose weight. Papazian states that pressure from friends--and sometimes parents--to be very slim may create a distorted body image. This article discusses that the health effects of **fad diets** can be permanent--especially for teenagers.

- **Weight Loss and Obesity, NHLBI Style**

Source: Dietitian's Edge. 2(6): 30-41. November-December 2001.

Summary: Schryver expands on the National Heart, Lung, and Blood Institute's (NHLBI) clinical guidelines and its practical guide on overweight and obesity in adults. She reviews the guidelines, which are intended for health professionals, and then discusses nontraditional weight loss tools and current weight loss trends. Using NHLBI's guidelines, the article discusses assessments of overweight and obesity. It then

discusses individuals' willingness to change, their personal attitudes, setting a target weight, developing a management program, calorie reduction, **fad diets**, liquid meal replacements, supplements, and physical activity.

- **Dangerous Dieting**

Source: *Essence*. 33(4):75-76, 164. August 2002.

Summary: This article reports on the dangers of **fad diets** and supplements for weight loss. Although they may be effective in the short term, **fad diets** and supplements do not keep weight off for the long term and may have associated health risks. Supplements that claim to induce weight loss by speeding up metabolism usually contain stimulants that can cause numbness and tingling in the extremities, dizziness, increased blood pressure, chest pain, and heart palpitations. Some supplements may also act as diuretics, which can effect fluid and electrolyte balance. Health risks of diet fads include vitamin and mineral deficiencies, weight cycling, and high intakes of foods that increase the risk of developing heart disease, stroke, and certain cancers. The article provides tips on losing weight safely.

- **'K-Ration': Diabetes and Cardiovascular Risk**

Source: *Diabetes Forecast*. 55(2): 44-46. February 2002.

Contact: Available from American Diabetes Association. 1701 North Beauregard Street, Alexandria, VA 22311. (800) 232-3472. Website: [www.diabetes.org](http://www.diabetes.org).

Summary: This article reports on the work of Dr. Ancel Keys in the area of diet and heart disease; with his wife Margaret, a biochemist, Dr. Keys has written many popular books on the topic. Dr. Keys developed the widely used combat ration used in World War II (K-Rations) and also studied the effects of starvation. Dr. Keys' work had a major impact on public health policy and led to the development of the food pyramids used by the United States Department of Agriculture. The author briefly reviews all the risk factors for coronary disease, and how they interrelate in a person with diabetes. The author also considers how exercise and a healthy diet have been shown to reduce the risk of developing type 2 diabetes. The author concludes by summarizing the advice of Dr. and Mrs. Keys: do not smoke, get plenty of pleasurable and useful exercise, be happy, avoid **fad diets**, and eat less saturated fat and lots of beans.

- **Hype! Hype! Hooray!**

Source: *Dietitian's Edge*. 2(6): 42-46. November-December 2001.

Summary: This article, written for dietitians to dispel myths on **fad diets**, describes some of the current popular weight loss diets. For each diet, Foco reviews how the diet works and its potential advantages and risks. It suggests questions to curb a curious client. The diets include low carbohydrate and high protein. The diets eliminate concentrated sources of sugar and high glycemic carbohydrate foods, and include a low carbohydrate, high-protein diet in conjunction with food combining. Foco asserts that the three components that the best-seller diet books have in common are a gimmick or hook that is perceived as new and motivates people. The gimmick is 'graspable' with few subjective messages such as 'all foods can fit' into a diet; and the rules control something so that calorie intake becomes self-limited. Foco provides guidance for dietitians on their role as nutrition experts.

## Federally Funded Research on Fad Diets

The U.S. Government supports a variety of research studies relating to fad diets. These studies are tracked by the Office of Extramural Research at the National Institutes of Health.<sup>2</sup> CRISP (Computerized Retrieval of Information on Scientific Projects) is a searchable database of federally funded biomedical research projects conducted at universities, hospitals, and other institutions.

Search the CRISP Web site at [http://crisp.cit.nih.gov/crisp/crisp\\_query.generate\\_screen](http://crisp.cit.nih.gov/crisp/crisp_query.generate_screen). You will have the option to perform targeted searches by various criteria, including geography, date, and topics related to fad diets.

For most of the studies, the agencies reporting into CRISP provide summaries or abstracts. As opposed to clinical trial research using patients, many federally funded studies use animals or simulated models to explore fad diets.

## The National Library of Medicine: PubMed

One of the quickest and most comprehensive ways to find academic studies in both English and other languages is to use PubMed, maintained by the National Library of Medicine.<sup>3</sup> The advantage of PubMed over previously mentioned sources is that it covers a greater number of domestic and foreign references. It is also free to use. If the publisher has a Web site that offers full text of its journals, PubMed will provide links to that site, as well as to sites offering other related data. User registration, a subscription fee, or some other type of fee may be required to access the full text of articles in some journals.

To generate your own bibliography of studies dealing with fad diets, simply go to the PubMed Web site at <http://www.ncbi.nlm.nih.gov/pubmed>. Type “fad diets” (or synonyms) into the search box, and click “Go.” The following is the type of output you can expect from PubMed for fad diets (hyperlinks lead to article summaries):

- **A practical guide to fad diets.**  
 Author(s): Porcello LA.  
 Source: Clinics in Sports Medicine. 1984 July; 3(3): 723-9.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=6571242&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6571242&dopt=Abstract)
- **Another diet revolution? The latest fashion in fad diets.**  
 Author(s): Levine GM.  
 Source: Annals of Internal Medicine. 1987 July; 107(1): 109-10.  
[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=3592425&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3592425&dopt=Abstract)

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<sup>2</sup> Healthcare projects are funded by the National Institutes of Health (NIH), Substance Abuse and Mental Health Services (SAMHSA), Health Resources and Services Administration (HRSA), Food and Drug Administration (FDA), Centers for Disease Control and Prevention (CDCP), Agency for Healthcare Research and Quality (AHRQ), and Office of Assistant Secretary of Health (OASH).

<sup>3</sup> PubMed was developed by the National Center for Biotechnology Information (NCBI) at the National Library of Medicine (NLM) at the National Institutes of Health (NIH). The PubMed database was developed in conjunction with publishers of biomedical literature as a search tool for accessing literature citations and linking to full-text journal articles at Web sites of participating publishers. Publishers that participate in PubMed supply NLM with their citations electronically prior to or at the time of publication.

- **Fad diets for the treatment of obesity.**

Author(s): Russ CS.

Source: Cda J. 1984 September; 12(9): 60-3. No Abstract Available.

[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=6590134&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6590134&dopt=Abstract)

- **Fad diets. Evaluation of five common types.**

Author(s): Friedman RB.

Source: Postgraduate Medicine. 1986 January; 79(1): 249-55, 258. Review.

[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=3510425&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3510425&dopt=Abstract)

- **Spotting fad diets.**

Author(s): Gibbs M, Hay DR.

Source: N Z Med J. 1990 October 10; 103(899): 492. No Abstract Available.

[http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=2216141&dopt=Abstract](http://www.ncbi.nlm.nih.gov:80/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=2216141&dopt=Abstract)





## CHAPTER 2. NUTRITION AND FAD DIETS

### Overview

In this chapter, we will show you how to find studies dedicated specifically to nutrition and fad diets.

### Finding Nutrition Studies on Fad Diets

The National Institutes of Health's Office of Dietary Supplements (ODS) offers a searchable bibliographic database called the IBIDS (International Bibliographic Information on Dietary Supplements; National Institutes of Health, Building 31, Room 1B29, 31 Center Drive, MSC 2086, Bethesda, Maryland 20892-2086, Tel: 301-435-2920, Fax: 301-480-1845, E-mail: [ods@nih.gov](mailto:ods@nih.gov)). The IBIDS contains over 460,000 scientific citations and summaries about dietary supplements and nutrition as well as references to published international, scientific literature on dietary supplements such as vitamins, minerals, and botanicals.<sup>4</sup> The IBIDS includes references and citations to both human and animal research studies.

As a service of the ODS, access to the IBIDS database is available free of charge at the following Web address: <http://ods.od.nih.gov/databases/ibids.html>. After entering the search area, you have three choices: (1) IBIDS Consumer Database, (2) Full IBIDS Database, or (3) Peer Reviewed Citations Only.

Now that you have selected a database, click on the "Advanced" tab. An advanced search allows you to retrieve up to 100 fully explained references in a comprehensive format. Type "fad diets" (or synonyms) into the search box, and click "Go." To narrow the search, you can also select the "Title" field.

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<sup>4</sup> Adapted from <http://ods.od.nih.gov>. IBIDS is produced by the Office of Dietary Supplements (ODS) at the National Institutes of Health to assist the public, healthcare providers, educators, and researchers in locating credible, scientific information on dietary supplements. IBIDS was developed and will be maintained through an interagency partnership with the Food and Nutrition Information Center of the National Agricultural Library, U.S. Department of Agriculture.

The following information is typical of that found when using the "Full IBIDS Database" to search for "fad diets" (or a synonym):

- **Body weight, body image, and perception of fad diets in adolescent girls.**  
Source: Storz, Nancy S. Greene, Walter H. J-Nutr-Educ. Oakland : Society for Nutrition Education. March 1983. volume 15 (1) page 15-18. ill., charts. 0022-3182
- **Classifying current popular and fad diets.**  
Source: Dwyer, J. Recent advances in obesity research IV : proceedings of the International Congress on Obesity 5-8 October, 1983 New York, USA / edited by Jules Hirsch, Theodore B. Van Itallie. London : Libbey, 1985. page 179-191. ISBN: 0861960491
- **Fad diets and diet aids.**  
Source: Struempfer, B. Circ-HE-Ala-Coop-Ext-Serv-Auburn-Univolume Auburn University, Ala. : The Service. February 1987. (277) 11 page
- **Fad diets and weight reduction.**  
Source: Clydesdale, Fergus M. Nutr-and-M.D. Van Nuys : PM, Inc. January 1984. volume 10 (1) page 1-3.
- **Fad diets for the health of it.**  
Source: Lewis, R.D. Circ-Coop-Ext-Serv-Univ-Ga. Athens, Ga. : The Service. November 1987. (761-11) 8 page 0092-2595
- **Fad diets: fact and fiction.**  
Source: Cowley, D.K. Sizer, F.S. Nutr-Clin. Philadelphia, Pa. : George F. Stickley Company. June 1987. volume 2 (3) page 1-21. ill., charts. 0888-3483
- **Hazards of fad diets in patients treated with ACE inhibitors.**  
Author(s): Department of Medicine, Whittington Hospital, London.  
Source: Sisodiya, S Hoffbrand, B I Br-J-Hosp-Med. 1993 October 20-November 2; 50(8): 486-7 0007-1064
- **Kwashiorkor in the United States: fad diets, perceived and true milk allergy, and nutritional ignorance.**  
Author(s): Department of Dermatology, University of California, San Francisco 94143-0316, USA.  
Source: Liu, T Howard, R M Mancini, A J Weston, W L Paller, A S Drolet, B A Esterly, N B Levy, M L Schachner, L Frieden, I J Arch-Dermatol. 2001 May; 137(5): 630-6 0003-987X
- **Popular and fad diets.**  
Source: Nutr-M-D. Van Nuys, Calif. : The Journal. April 1987. volume 13 (4) page 1-3. 0732-0167
- **Slim pickings. The facts about fad diets.**  
Author(s): jtumolo@merion.com  
Source: Tumolo, J Adv-Nurse-Pract. 2001 June; 9(6): 83-6, 88 1096-6293
- **The fallacy of fad diets.**  
Source: Anonymous Harv-Womens-Health-Watch. 1998 November; 6(3): 1 1070-910X

## Federal Resources on Nutrition

In addition to the IBIDS, the United States Department of Health and Human Services (HHS) and the United States Department of Agriculture (USDA) provide many sources of information on general nutrition and health. Recommended resources include:

- healthfinder®, HHS's gateway to health information, including diet and nutrition: <http://www.healthfinder.gov/scripts/SearchContext.asp?topic=238&page=0>
- The United States Department of Agriculture's Web site dedicated to nutrition information: [www.nutrition.gov](http://www.nutrition.gov)
- The Food and Drug Administration's Web site for federal food safety information: [www.foodsafety.gov](http://www.foodsafety.gov)
- The National Action Plan on Overweight and Obesity sponsored by the United States Surgeon General: <http://www.surgeongeneral.gov/topics/obesity/>
- The Center for Food Safety and Applied Nutrition has an Internet site sponsored by the Food and Drug Administration and the Department of Health and Human Services: <http://vm.cfsan.fda.gov/>
- Center for Nutrition Policy and Promotion sponsored by the United States Department of Agriculture: <http://www.usda.gov/cnpp/>
- Food and Nutrition Information Center, National Agricultural Library sponsored by the United States Department of Agriculture: <http://www.nal.usda.gov/fnic/>
- Food and Nutrition Service sponsored by the United States Department of Agriculture: <http://www.fns.usda.gov/fns/>

## Additional Web Resources

A number of additional Web sites offer encyclopedic information covering food and nutrition. The following is a representative sample:

- AOL: <http://search.aol.com/cat.adp?id=174&layer=&from=subcats>
- Family Village: [http://www.familyvillage.wisc.edu/med\\_nutrition.html](http://www.familyvillage.wisc.edu/med_nutrition.html)
- Google: <http://directory.google.com/Top/Health/Nutrition/>
- Healthnotes: <http://www.healthnotes.com/>
- Open Directory Project: <http://dmoz.org/Health/Nutrition/>
- Yahoo.com: <http://dir.yahoo.com/Health/Nutrition/>
- WebMD® Health: <http://my.webmd.com/nutrition>
- WholeHealthMD.com: <http://www.wholehealthmd.com/reflib/0,1529,00.html>

