

Detox and diets : low-carb, low-calorie, detox, cabbage soup, there is no shortage of novelty diet programmes promising to make you lose weight fast ... / Compass Group Holdings plc.

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DETOX & DIETS

LOW-CARB, LOW-CALORIE, DETOX, CABBAGE SOUP - THERE IS NO SHORTAGE OF NOVELTY DIET PROGRAMMES PROMISING TO MAKE YOU LOSE WEIGHT FAST.

But many are based on dodgy science or no research at all, prescribing eating practices that are unhealthy and can make you ill.



MANY OF US LOOK FOR A QUICK FIX WEIGHT LOSS PROGRAMME TO HELP US GET BACK IN SHAPE AFTER THE FESTIVE SEASON.

The big question is: do they work?

Most do lead to fast – sometimes dramatic – weight loss, only for the pounds to creep back on again at the end of the diet so, why do you need to think twice?

- Crash diets can lead to long-term poor health because they are nutritionally unbalanced.
- Excluding foods is dangerous and cutting out certain food groups altogether could prevent you from getting the important nutrients and vitamins that your body needs.
- Low-carb diets can be high in fat. Some, such as the Atkins diet, are very low in carbohydrates, which are an essential source of energy.
- Cabbage soup, blood group and other fad diets are often far-fetched and there is little or no evidence to back up their claims.
- Detox diets don't work. They are based on the idea that toxins build up in the body and can be removed by eating, or not eating, certain things. However, there's no evidence that toxins build up in our bodies. If they did, we would feel very ill.

DITCH THE FADS AND ADOPT THESE FIVE SIMPLE THINGS THAT CAN HELP YOU FEEL HEALTHIER.

- Reduce the amount of fat you eat. Trim the fat off meat, drink skimmed or semi-skimmed milk and choose a low-fat spread.
- Eat wholegrain foods. They're digested more slowly than the white varieties, so will help you feel full for longer.
- Don't skip breakfast, it will give you the energy you need to start the day and kickstart your metabolism.
- Eat at least five portions of a variety of fruit and vegetables a day.
- If you feel like a snack, try drinking a glass of water or cup of tea. Often we think we're hungry when really we're thirsty!

