

# 10 Ways to Spot a FAD DIET

**1**  
It sounds too good to be TRUE.



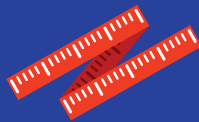
Promises rapid weight loss.



Promotes a product, special herb, vitamin, or compound.



Allows only certain foods or food groups.



**5** Can only be followed temporarily, but is not supervised by a doctor.



It's hard to imagine or difficult to follow the diet forever.



It doesn't recommend a form of exercise or says it's unnecessary.



**8**



Warns that one food or food group will make you seriously ill or worse.

**9**

Makes recommendations based on published science that are not endorsed by credible organizations or peer reviewed by other scientists.



**10**

Cites research that is preliminary, based on animals, or has very few subjects.