

# Navigating Commercial Dieting Plans<sup>1-4</sup>

The availability of new commercial diets continues to grow every year, offering new strategies for weight loss. The novelty of these diets and their promise of a quick fix can be tempting when you're living with a complex chronic disease such as obesity. Learning how to identify if a plan is **sustainable** can help prevent you from experiencing weight cycling, which can result in damaging effects to your metabolism.



**Weight cycling can reduce your ability to effectively manage your weight by lowering your metabolic rate! An important part of weight management is avoiding getting swept up in the latest dieting fads.**

## Identifying sustainable diet plans

Below are 2 checklists that you can review to help you identify if a diet plan you are interested in is sustainable or not.

### ✘ Warning signs of an unsustainable diet plan

### ✔ Signs of a sustainable diet plan

#### Ask yourself if:

- You find yourself hungry while following the diet
- You feel the need to sacrifice foods you enjoy
- You avoid attending social events that are important to you
- You feel like you require constant willpower for the diet to "work"
- You feel the need to adhere to the plan perfectly
- You are restricting entire categories of food, including foods you love
- You are exercising more than you enjoy or feel you would not continue to exercise this much if you were not losing weight

- You feel you could happily eat this way whether you were losing weight or not
- You can balance the food you enjoy
- You feel able to enjoy the events that are important in your life
- You feel the plan is not so complicated that you cannot easily master it
- You feel the plan is simple enough to follow, even when you are on the go and life is busy
- The plan does not push you to avoid entire food categories or foods you love
- The diet moves you in a direction that is personally meaningful, even if you aren't losing weight while following it

If the statements above apply, the diet plan you are following is likely to be **unsustainable**.

If the statements above apply, the diet plan you are following is likely to be **sustainable**.

#### References:

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4. Montani JP et al. *Obes Rev.* 2015;16 Suppl 1:7-18.

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