

### Introduction

In this paper, I argue that fad diets are problematic. I define fad diets as any plan that promotes weight loss by either changing macronutrient ratio or restricting certain food groups. Fad diets have gotten popular because many people are looking for a quick solution to weight loss instead of losing weight through exercising and changing their eating habits (Fitzgerald, 2020). However, there is no scientific evidence about the long-term effects of these diets.

I support my positions with the following four arguments. First, most fad diets cause nutritional deficiencies since they have an unbalanced ratio of macronutrients. For example, according to Denke (2001), it was observed that children following ketogenic diets have a deficiency in magnesium, calcium, and iron. Second, fad diets have low sustainability because they depend on short-term results. Although fad diets promote weight loss, most of them are unrealistic and require a lot of commitment (REF). Third, some fad diets may cause health implications or increase the risk of certain diseases. For instance, fad diets that are either high in protein or low in carbohydrates may increase the risk to develop kidney stones (Nouvenne et al., 2014). Finally, fad diets are ineffective since weight loss merely depends on caloric restriction. To elucidate, according to Denke (2001), in one study, patients followed the Atkins diet and reduced their daily caloric intake by 500 kcal/day. After 8 weeks, results revealed that the average weight loss was 7.7kg. However, the weight loss was not much different from caloric restriction alone.

I also consider alternative positions such as fad diets not being harmful, helps with eating less, and may be safe if combined with nutritional supplements. While these positions have merits, I refute them by, for example, diets that are high in carbohydrates, tend to have a high glycemc load, which is associated with an increased risk of coronary heart disease (Halton et al., 2006). Likewise, according to Khawandanah, and Tewfik (2016), most fad diets restrict food groups, making them unbalanced and unhealthy. Furthermore, although supplemental vitamins can help with most of these nutritional deficiencies, diets with a

**Commented [PMM1]:** Use this paragraph to establish that a problem exists  
Don't include "Arguments" here

**Commented [PMM2]:** This is a GREAT example of how this part of the paper should be written  
Can I share it with other students?  
PLEASE!

**Commented [PMM3]:** Not fully cohesive here

**Commented [PMM4]:** Isn't that a "health implication" too?

**Commented [PMM5]:** I strongly disagree  
This is an over-simplification  
Some food sources (e.g., proteins) BURN more calories during the process of digestion ...  
Other sources are more likely to be primarily stored as fats  
YES – calories DO count ...  
But food sources ALSO count  
  
OH YES – THIS IS A SUBJECT I LOVE 😊  
  
I have a book you might like 😊

**Commented [PMM6]:** Where DO students get this word????  
I see it so much in ENG204 – AND NOWHERE ELSE IN THE UNIVERSE 😞

**Commented [PMM7]:** How about the feeling of the participant towards hunger pangs?

**Formatted:** Highlight

reduced carbohydrate intake will still be inadequate in a variety of important biologically active phytochemicals that are only found in vegetables, fruits, and grains (Denke, 2001).

This paper is important because people should be educated about nutrition and weight loss. Having knowledge about nutrition helps with sustaining a healthy lifestyle and allows diversity. ~~On the contrary,~~ people who are not well educated about nutrition ~~might~~ blindly follow trending diets which have drawbacks. Finally, I conclude my paper suggesting people ~~to~~ create their own diet plan that comprises of a balanced ratio of macronutrients and maintain a slight caloric ~~deficit~~.

**Commented [PMM8]:** I'm a Keto man 😊  
Lost 50 LBS in 9 months  
AND DON'T I LOOK GREAT? 😊  
LOL

**Commented [PMM9]:** Wrong phrase

**Commented [PMM10]:** See comment way above

**Commented [PMM11]:** The intro is in VERY good shape for this stage  
You may though find the advice in the comment below useful

**Commented [PMM12]: Your Introduction**

Par.4

Paragraph four is *not* about restating arguments. WHO will be affected by your suggestions – in what way? What happens if we DON'T follow your arguments OR what happens if we do. Consider a section at the end of the body section called "recommendations." What will YOU be recommending based on the arguments of your paper. Who will you be recommending it to? Give a BRIEF intro to those recommendations here.

Overall Introduction

The four-paragraph structure is in place. That's Good. 😊  
In fact yours is VERY good! 😊  
But updates will be needed.

Note ...

Issues concerning punctuation, word choice, sentence structure, and cohesion will be dealt with later in the course. It will be critical to address those issues over the coming weeks. I am not highlighting these issues here at this time. There will be other work to concentrate on first.

**Commented [PMM13]:** So accept changes before submitting

## Discussion of Sources

### Source 1

Khawandanah, J., & Tewfik, I. (2016). Fad diets: Lifestyle promises and health challenges.

*Journal of Food Research*, 5(6), 80–94. <https://doi.org/10.5539/jfr.v5n6p80>

The main author (Tewfik) is a Registered Nutritionist who won multiple awards related to food and nutrition research. Over the past twelve years, Dr. Tewfik has also been the director of Human Nutrition at the University of Westminster. *Journal of Food Research* is an international peer-reviewed journal that centers its publications on research articles linked to food science. This ~~article discusses~~ ~~argues~~ that most fad diets restrict food groups, making them unbalanced and unhealthy. It also argues that peer pressure is the sole reason fad diets have been popular. Moreover, the article also claims that although these fad diets promise weight loss, most of them are not sustainable and are associated with various health conditions like cardiovascular disease and depression. Instead, this article suggests that a high-fiber diet will prevent these health risks and also help the elderly suffering from osteoporosis by improving their bone health. I will use this source to support two of my arguments about fad diets causing serious health implications and having low sustainability. The article offers many graphs and tables showing different types of diets and their health

consequences as well as the weight loss results over a long period of time, which will help me come up with a conclusion about these diets. I like this article and I believe it offers a great deal of information about fad diets and their drawbacks. The article also interprets data clearly, which makes it easy to read and understand.

### Source 2

Nouvenne, A., Ticinesi, A., Morelli, I., Guida, L., Borghi, L., & Meschi, T. (2014). Fad diets and their effect on urinary stone formation. *Translational andrology and urology*, 3(3), 303–312. <https://doi.org/10.3978/j.issn.2223-4683.2014.06.01>

Nouvenne et al. (2014) is a peer-reviewed journal article published in the Translational Andrology and Urology (TAU) journal. TAU specializes in the publication of journal articles related to various urinary tract diseases. The article claims that fad diets that are either high in protein or low in carbohydrates may increase the risk to develop kidney stones. On the contrary, the article claims that diets such as the Mediterranean diet and lacto-ovo-vegetarian diet seem to be safe. Such diets can even decrease lithogenic risk. Instead, the article suggests that the best way to prevent urinary stone formation is by opting for a diet with high consumption of fruits and vegetables, low animal protein and salt intake, and balanced consumption of calcium-rich foods. I will make use of this article by supporting my argument that fad diets may be detrimental to human health. The article provides several statistics and data about various diets and their potential effects on urinary stone formation. The article is well written and organized. However, I would have preferred if the article included graphs or tables because some statistics were difficult to read.

### Source 3

Halton, T. L., Willett, W. C., Liu, S., Manson, J. E., Albert, C. M., Rexrode, K., & Hu, F. B. (2006). Low-carbohydrate-diet score and the risk of coronary heart disease in women. *New England Journal of Medicine*, 355(19), 1991–2002. <https://doi.org/10.1056/nejmoa055317>

Halton et al. (2006) is a peer-reviewed journal article published in the *New England Journal of Medicine*. In addition, two of the authors (Manson and Lui) have an h-index of 301 and 141 respectively. The authors of this article conducted research during a time period of 20 years and recorded 1994 cases of coronary heart disease. They observed that diets with a low carbohydrate intake do not appear to increase the risk of coronary heart diseases in women. Moreover, the article argues that vegetables containing protein and fat may reduce the risk of coronary heart disease if combined with low-carbohydrate diets. The article also argues that high-carbohydrate diets, which tend to have a higher glycemic load, were linked with an increased risk of coronary heart disease. I will use this article to acknowledge my first counterargument stating that some fad diets are not harmful. This source will also be useful to discuss my third supporting argument on fad diets increasing the risk of certain diseases. Overall, this article is well organized and provides a detailed analysis of all three macronutrients and their possible side effects on women. However, I found the statistics hard to understand since they required knowledge of statistical analysis.

#### **Source 4**

Denke, M. A. (2001). Metabolic effects of high-protein, low-carbohydrate diets. *The American Journal of Cardiology*, 88(1), 59–61. [https://doi.org/10.1016/s0002-9149\(01\)01586-7](https://doi.org/10.1016/s0002-9149(01)01586-7)

Denke (2001) is a peer-reviewed journal published on the *American Journal of Cardiology*. The article presents examples of caloric restriction being the main factor for weight loss. It also includes various studies supporting the author's argument. For example, in one study, patients followed the Atkins diet and reduced their daily caloric intake by 500 kcal/day. After 8 weeks, results revealed that the average weight loss was 7.7kg. However, the weight loss was not much different from caloric restriction alone. Also, evidence implies that there is no advantage in reducing carbohydrate intake provided that caloric intake does not change. Moreover, the article mentions that since a low-carbohydrate, high-protein diet excludes fruits, vegetables, and grains, there will be an inadequacy in micronutrient intake.

For instance, it was observed that children following ketogenic diets have a deficiency in magnesium, calcium, and iron. Although supplemental vitamins can help with most of these nutritional deficiencies, diets with a reduced carbohydrate intake will still be inadequate in a variety of important biologically active phytochemicals that are only found in vegetables, fruits, and grains. The data presented will be used to support my first and fourth argument on fad diets causing nutritional deficiencies and being ineffective in weight loss. The data will also be used to acknowledge and refute my third counterargument on fad diets being safe as long as nutritional supplements are used. The article is well written and detailed. It clearly lists the complications of altering macronutrient intake and excluding specific food groups. The article also interprets data in a clear and succinct way, which makes it easy to follow.

#### **Source 5**

Obert, J., Pearlman, M., Obert, L., & Chapin, S. (2017). Popular weight loss strategies:

A review of four weight loss techniques. *Current Gastroenterology Reports*, 19(12), 1–4.

Obert et al. (2017) is a peer-reviewed review article published in the *Current Gastroenterology Reports (CGR)* journal. CGR is an international scholarly journal that publishes reports centered around the digestive system. The article argues that most fad diets fail because they require time, commitment, and can be expensive. The article also argues that some fad diets lead to weight loss because they are so restricted that they involve extreme caloric restriction. However, these diets cannot be sustained for long periods of time. In addition, the article claims that although these diets promote weight loss, people tend to gain weight once they stopped following them. I will use this article to support my second and fourth arguments on fad diets being ineffective in weight loss and unsustainable. The article will also be useful to refute and acknowledge my second counter argument about fad diets helping in consuming less food since they restrict food groups. The article is well written and offers valuable information that will aid in strengthening my arguments. I also liked that it summarized the majority of the report in one table.

**Source 6**

Schutz, Y., Montani, J., & Dulloo, A. G. (2021). Low-carbohydrate ketogenic diets in body weight control: A recurrent plaguing issue of fad diets? *Obesity Reviews*, 22(S2).  
<https://doi.org/10.1111/obr.13195>

Schutz et al. (2021) is a peer-reviewed review article published in the *Obesity Reviews* journal. Two of the authors (Dulloo and Montani) have an h-index of 66 and 57 respectively. The article discusses the long-term effects of the ketogenic diet that are directly associated to ketosis. For instance, the potential complications of continuing the diet for a long period of time may include chronic fatigue, reduced physical performance, and headaches. In addition, since the ketogenic diet tends to lower blood pressure, patients with diabetes need to constantly monitor their blood pressure. Moreover, the article examines a study that was conducted over 25 years. The sample size was 15,000 and included both men and women from America. The results concluded that the lower the carbohydrate intake, the lower the life expectancy. This article will mainly be used to support my third argument about fad diets affecting overall health. The article provides many examples of health problems caused by a low-carbohydrate diet. I like this article because it is organized and detailed. Also, the data is easy to read because figures and tables were provided throughout the article.

**Outline****Section 1: Introduction**

Par. 1: Thesis + Background for fad diets

1. In this paper, I argue that fad diets are problematic.
2. What are fad diets?
3. How did fad diets get popular?

Par. 2: Supporting Arguments

1. Cause of nutritional deficiencies
2. Low sustainability

**Commented [PMM14]: Annotated Bibliographies**

Some excellent work here.

Now – see Chapter 10

Following the advice there for your first draft ... You need to copy and paste all the relevant information to each of your arguments (or counter arguments or background or wherever it's relevant).

That is – use your responses for Question 3 to move the important information you provided in your responses to Question 2.

3. Cause of health implications
4. Ineffective in weight loss

Par. 3: Counter Arguments

1. Some diets can help treat certain diseases
2. Restrict food groups, which helps with eating less
3. Use of nutritional supplements to avoid deficiencies

Par. 4: Importance

1. This paper is important because people should be educated about nutrition and weight loss.
2. Having knowledge about nutrition helps with sustaining a healthy lifestyle and allows diversity.
3. People who are not well educated about nutrition might blindly follow trending diets which have drawbacks.
4. End paper with recommendations and suggestions

**Section 2: Body Paragraphs**

Support

- Argument 1: Most fad diets cause nutritional deficiencies since they have an unbalanced ratio of macronutrients.
  - o Fad diets restrict certain types of foods that are essential for the body.
- Argument 2: Fad diets have low sustainability
  - o Fad diets rely on short-term results and require a lot of commitment.
- Argument 3: Some fad diets may cause health implications or increase the risk of certain diseases.
  - o Fad diets depend on changing macronutrient intake, which has drawbacks.
- Argument 4: Fad diets are ineffective for weight loss
  - o Caloric restriction is the only factor that triggers weight loss.

Counter

- Counter Argument 1: Some fad diets can help treat certain diseases
  - o Certain diseases are caused by either a low or high intake of a macronutrient. Therefore, fad diets, which alter macronutrient intake, may aid in treating these diseases.
- Counter Argument 2: Restrict food groups, which helps with eating less
  - o Limiting foods will help in maintaining a caloric deficit.
- Counter Argument 3: Fad diets may be safe if combined with nutritional supplements
  - o Nutritional supplements may be beneficial in compensating for the nutritional loss caused by limiting a specific macronutrient.

#### Refutations/Rebuttals/Acknowledgements (RRA):

- Counter argument 1:
  - o Diets that are either high in protein or low in carbohydrates may increase lithogenic risk.
- Counter argument 2:
  - o Restricted food groups may have important nutrients for the body and therefore, cause nutritional deficiencies.
- Counter argument 3:
  - o Nutritional supplements may not be beneficial because phytochemicals can only be found in fruits, vegetables, and grains.

### Section 3: Conclusion

The professor said leave this for now until we have read Chapter 15.

### References

Denke, M. A. (2001). Metabolic effects of high-protein, low-carbohydrate diets. *The American Journal of Cardiology*, 88(1), 59–61. [https://doi.org/10.1016/s0002-9149\(01\)01586-7](https://doi.org/10.1016/s0002-9149(01)01586-7)

**Commented [PMM15]:** Add a section on recommendations

**Commented [PMM16]:** Over-all – really excellent work ...

Now the real fun begins 😊  
Suggest you read Ch 10 and Ch 12 straight away 😊

Body Section: Recommendations  
Your body section will probably end with a series of recommendations  
Be planning them

Fahad ... you strike me as a person who hasn't received enough praise for his writing abilities ... YOU ARE REALLY GOOD!

Very impressed with this work my friend! 😊

- Fitzgerald, D. (2020, June 8). *Nutrition for weight loss: What you need to know about fad diets*. Familydoctor.Org. <https://familydoctor.org/nutrition-weight-loss-need-know-fad-diets/#:~:text=They%20appeal%20to%20people%20by,a%20short%20amount%20of%20time>.
- Halton, T. L., Willett, W. C., Liu, S., Manson, J. E., Albert, C. M., Rexrode, K., & Hu, F. B. (2006). Low-carbohydrate-diet score and the risk of coronary heart disease in women. *New England Journal of Medicine*, 355(19), 1991–2002. <https://doi.org/10.1056/nejmoa055317>
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