

# Fad diet

[Linguistics](#), [English](#)



FAD DIET First of Project Goes Here I. Introduction A. Topic Research

question: Is fad diet really an effective way of losing weight and becoming slim, attractive and fit or is it just some fantasy people are living in?

2) Working thesis: Fad diet is merely an illusion of getting slim. In fact it is hazardous to health and a waste of time and money. In fact later it results in more over weightiness than before.

3) Angle: Nowadays fad dieting is made very popular. Every other person is willing to give it a try being unknowledgeable of its setbacks and disadvantages. Sure that being slim is a secret of beauty but health should be the core important thing for an individual. Because if you don't have health, you have nothing.

B. Context

1) Nowadays many teenagers and kids are seen being weight conscious and discussing the ways of getting rid of this extra fats. These teens and kids, making use of such artificial methods result not only in regretting them in the future but also in gaining more weight than before in later life.

2) Recently I have seen most of my friends and cousins discussing this issue. They somehow all seem to believe that these fad diets will magically transform them into some super models which is actually just the illusion shown to us in these fad diet advertisements. My core purpose of this article is to spread awareness among people like them.

C. Audience

1) My primary audience will be my friends and cousins who are very interested in 'giving fad diet a chance'.

2) My secondary audience will be my professor and my class mates.

3) My audience will as I expect not be in favor of my view but I am hoping that they would see the truth in this article and understand my point about it sooner or later.

## II. Evidence

A. Research gathered so far: I have so far found that these fad diets cause nutritional deficiencies causing the body to suffer. Our body needs the natural nutrients present in the normal healthy diet. Not only this but it also causes certain metabolic problems because for which the chances of gaining weight more then before are heightened. These diets in most cases also lead to muscle loss and thus resulting in an unhealthy body.

B. Research that needs to be gathered: Although a sufficient amount research is already present to prove my point and a lot of experienced people are more then willing to share their stories regarding this issue too, but what needs to be researched is how despite so much awareness people still fall in the traps of fad dieting. I will try to research on their various ways these advertisers conceal the truth and make this fad dieting as an attractive thing for people.

III. Conclusion: I think that every one needs to ‘ think before they act’.

Nothing can be more important then health. It is an acceptable fact that a fit and beautiful body is an amazing thing to have but we should instead of using this temporary and artificial methods try to do something more natural and long lasting, like drinking loads of water and controlling the habits of over eating. These fad dieting might show wonderful results at first but sooner or later it turns into a regrettable decision since it is a matter of common sense that no such immediate changes to the body are ever good

for health.

IV. References:

Fineberg, S. K. (1972). The realities of obesity and fad diets. *Nutrition Today*, 7(4), 23-26

Moyad, M. A. (2005). Fad diets and obesity--Part IV: Low-carbohydrate vs. low-fat diets. *Urologic nursing*, 25(1), 67

Rothblum, E. D. (1990). Women and weight: fad and fiction. *The Journal of psychology*, 124(1), 5-24.