

# Gator Fuel 101



## Diets

Diets are everywhere, on television, radio, newspapers, magazines and billboards. Some think of the 80s as the kickoff to fad dieting with “Let’s get physical” as the anthem. In reality, diets have been around since the early 1800s with men selling special elixirs and powders that promised magical weight loss. Dieting has become part of our culture.

### Historical Diets:

Vinegar and Water Diet: In 1820 this diet was made popular by Lord Byron

Graham’s Diet: This diet originated in 1830. Graham crackers were created for this diet.

Cigarette Diet: The motto of this 1925 diet was “Reach for a Lucky instead of a sweet.”

Bananas and Skim Milk Diet: This diet was made popular by the United Fruit Company in 1934.

Drinking Man’s Diet: This was popular in 1964 until the Harvard School of Public Health declared it unhealthful.

Sleeping Beauty Diet: In 1970 individuals would go get heavily sedated to they could sleep away the pounds until they were skinny enough for Prince Charming to come awaken them.

**When you read about some of the diets that were popular just 30 years ago, you will be shocked that people would actually try these things and think that they would be effective and healthy. If any of these diets did have the magical solution then we wouldn’t be coming up with new diets today!**

### Recognizing a “Fad Diet”

1. A fad diet will claim to be a “quick fix” to your weight loss problems.
2. There are warnings or danger signs for a product or regime that the fad diet asks you to follow.
3. Claims are “too good to be true”.
4. **The diet eliminates one or more of the five food groups!**
5. If a diet bases its claims on a single study.
6. If the diet makes dramatic claims that are refuted by reputable scientific organizations.
7. The diet has a list of “good” and “bad” foods.
8. The purpose of the diet is to help sell a particular product.

### If dieting doesn’t work, then what does?

**Intuitive Eating** is the best diet regimen that you can follow. When you intuitively eat, you are eating when you are hungry and stopping when you are satisfied. It is what your body wants to do anyways! *Try to eat all foods in moderation and eat foods from all of the five food groups in order to ensure you are getting all the nutrients your body needs.* With intuitive eating it is ok to have a piece of cake once and a while, just don’t eat the whole cake. You will find that you won’t want to eat the whole cake anymore because you aren’t restricting yourself from having cake. The old saying that you only want what you can’t have is true, especially when it comes to cake!

## **Common Diets:**

### *Atkins*

Atkins is a four phase diet plan that helps you carefully control the level of carbohydrates that you consume. The goal of this diet is to be in a constant state of ketosis. This means that instead of using sugar as your primary fuel source, you will be utilizing protein instead. In the first phase of the Atkins diet you restrict your carbohydrate level to a maximum of 20g of carbohydrates a day. In this phase starchy vegetables, fruits, and grains are all outlawed. This phase lasts for a minimum of two weeks. Phase two is the ongoing weight loss phase. In this phase, you are allowed to increase the amount of starchy vegetables you consume until you reach your “Critical Carbohydrate Level for Losing.” This is monitored on a week-to-week basis. In phases three and four you are maintaining your weight. In this phase, any foods that may lead to weight gain should be avoided.

### *South Beach Diet*

The South Beach diet is a three phase diet plan. In phase one you consume normal portion sizes, however all carbohydrates are restricted. Foods that are emphasized include lean meats such as chicken, turkey, fish, and shellfish, low glycemic vegetables, and low fat cheese, nuts, and eggs. Alcohol is banned during the first phase. In phase one the author claims that you should be able to lose 5-10lbs a week. In phase two, the banned foods such as fruits, bread, whole wheat cereals, pasta and low-fat milk are slowly re-introduced in your diet, however you are encouraged to consume less of them. In this phase you should be losing about 1-2 lbs a week. The final phase is a maintenance phase where you should be able to continue to eat most foods and maintain your weight.

### *Grapefruit Diet*

When following the Grapefruit diet, you should consume half a grapefruit at each meal. A meal should be composed of meat and vegetables and you are allowed to eat as much of those food items that it will take to make you full. You are allowed to have a glass of milk as a snack once a day. You should follow this diet for 12 days and then you can take 2 days off. The rules for this diet are: At any meal eat until you can't eat any more. Cut down on the amount of caffeine you consume and try to limit it to one cup a meal at mealtimes. Do not eat in between meals. Completely eliminate sugar and starches. Do not eat desserts, bread, white vegetables, or sweet potatoes.

### *Zone Diet*

The Zone diet follows a formula of 40% carbohydrates, 30% fats, and 30% protein. The calorie recommendation in the book is typically too low for an active person so you may not want to work out while you are on this diet. It is a complex program so buying the book is necessary to follow it. There is also a substantial list of “forbidden fats” to beware of when following this diet.

