



SIGNS OF A fad diet

Fad diets and pills don't work. You may lose weight quickly, but it's hard to keep it off. This causes a "yo-yo" effect that could harm your health and your confidence.

Beware! Look for these signs of a fad diet:

- Claims of fast, amazing weight loss
- Hard-to-believe testimonials
- Strict rules of avoiding certain foods
- A claim that the diet works for everyone

Talk to your doctor about safe, healthy ways to lose weight.

Source: U.S. Department of Veterans Affairs