

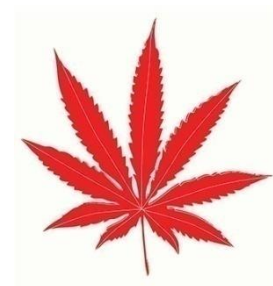


Conference Abstract  
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### Conference Abstract

#### FAD DIETARY PATTERNS AND THEIR IMPACT ON HUMAN HEALTH

Aiza Yasin, Dr. Muhammad Anees Ur Rehman

Ruth Pfau College of Nutrition Sciences, (A Project of Lahore Medical & Dental College) Lahore

#### ABSTRACT

#### Corresponding author:

**Aiza Yasin.** Ruth Pfau College of Nutrition Sciences, (A Project of Lahore Medical & Dental College) Lahore P: 03203279010  
E: aiza.yasin@lmdc.edu.pk

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A diet, popular for a time, without standard dietary recommendations, and promising unreasonably fast weight loss or nonsensical health improvements is called Fad diet. These diets involve the elimination of foods that contain essential nutrients, some diets also cut entire food groups. The most common fad diets include; Detox Diet, General Motor Diet, South Beach Diet, Hollywood Diet, Banana Diet, Paleo Diet, Raw Food Diet, Keto Diet, Vegan Diet, Atkins Diet, Dubrow Diet, Watermelon Diet, Blood Type Diet, Alkaline Diet and Liquid Diet. All the diets result drastic and unrealistic weight loss. These unhealthy dietary patterns make unrealistic promises but do not result in long-term weight loss. It may severely jeopardize health of a human being. The fact that these diets they don't work and also provide more suffering in your efforts to lose weight. The consequences of these diets are inadequate intake of minerals and vitamins, low caloric intake, fatigue, weakness, dehydration, constipation, gastrointestinal discomfort, bad breath, disrupt metabolic rate etc. The best approach to lose weight is to consult a qualified dietitian/nutritionist who'll asses' dietary intake and recommend a healthy eating long-term weight loss plan according to the body needs.

**Key words:** Fad Dietary Pattern, Keto Diet, Watermelon Diet, Blood Type Diet, Alkaline Diet, Liquid diet.