

FLiP Newsletter

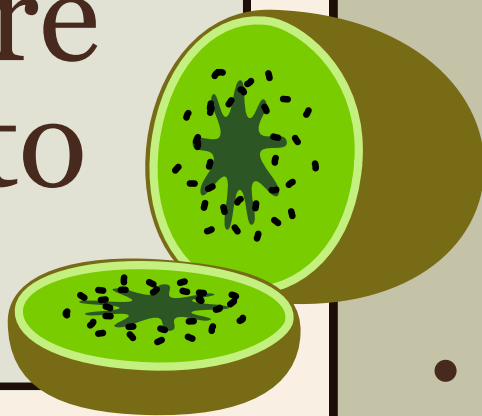


Healthy Dieting and Nutrition

Fueling Your Summer
the Healthy Way!

01

What are ‘Fad Diets’? Here are some red flags to watch out for

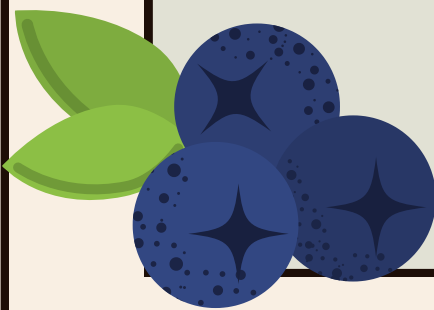


- **Overpromising results**
 - “Lose 10 lbs in a week!”
 - “Target stubborn stomach fat”
(Fat cannot be “targeted”; losing a significant amount of weight in a short time is dangerous)
- **No Exercise Needed**
- **Eliminating Entire Food Groups**
 - “No Carb diet”
 - “No Fat diet”
- **Only Eating Specific Foods**
 - “Grapefruit Diet”
 - “Cabbage Soup Diet”

Remember: If it sounds too good to be true, it probably is. Choose sustainable habits and always consult your healthcare provider when concerns arise!

02

The Dangers of Fad Diets: Why they might not be the answers you're looking for



Common Dangers:

- **Rapid Weight loss = Rapid Weight Gain**
 - Fad diets slow metabolism and lead to rebound weight gain
- **Nutritional Imbalance**
 - Cutting entire food groups can lead to deficiencies in protein, fiber, vitamins, and essential fats
- **Dehydration and Muscle Loss**
 - Some fad diets promote water loss, not fat loss. This leads to symptoms of fatigue and muscle breakdown in the long run
- **Mental Health Decline**
 - Restrictive eating can increase stress, guilt, and obsession with body image/food

Recipe Corner: Watermelon Mint Salad

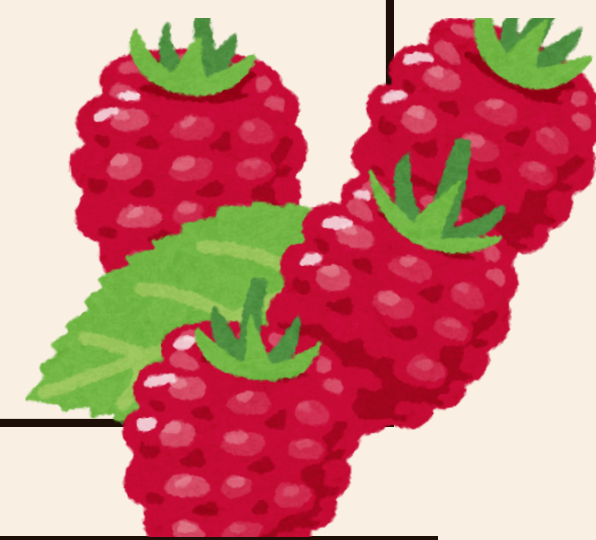
A hydrating, light dish that’s perfect for hot days!



- Ingredients:**
- 3 cups cubed watermelon
 - 1/4 cup fresh mint, chopped
 - 1/3 cup feta cheese (optional)
 - Juice of 1 lime

Instructions: Toss all ingredients in a large bowl. Chill for 20 minutes before serving. Refreshing, sweet, and salty!

Healthier Alternatives and Sustainable Dieting!



03

Balanced Diets That Actually Work!

The Mediterranean Diet

Inspired by the traditional eating patterns of Greece and Italy

- **Key Foods:** Fruits, Vegetables, Whole Grains, Olive Oil, Fish, and Nuts
- **Benefits:** Reduces risk of heart disease and supports brain health

DASH Diet

Dietary Approaches to Stop Hypertension, designed to lower blood pressure!

- **Key Foods:** Low-fat Dairy, Fruits, Vegetables, Lean Meats, Whole Grains, Nuts
- **Benefits:** Promotes heart health and reduces sodium intake

Plant-Based Eating

Focuses on whole plant foods and minimizes animal products

- **Key Foods:** Beans, Lentils, Leafy Greens, Seeds, Whole Grains, Tofu, Fruits
- **Benefits:** Lowers cholesterol and may support weight management

04

Healthy Summer Craving Swaps

Ice Cream → Frozen yogurt + berries

Soda → Sparkling water + lime or herbal iced tea

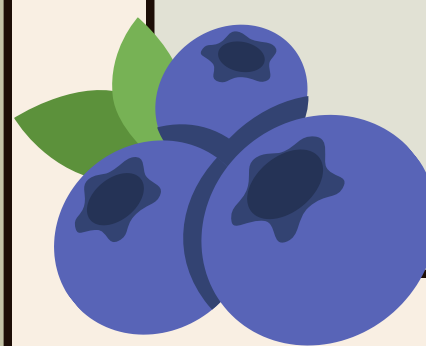
Potato Chips → Carrot sticks + hummus or popcorn

Sugary Cocktails → Seltzer + fresh fruit & mint

Heavy BBQ → Grilled veggies + lean proteins

05

Eating Well This Summer: Without the diet Mentality



Practice Mindful Eating:

Slow down, enjoy your food, and listen to hunger/fullness cues.

Plan Ahead for BBQs or Parties:

Bring a healthy dish, eat a balanced snack beforehand, and stay hydrated.

Don't Fear Treats!

All foods can fit. It's about balance, not perfection.



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