



Diet History II

By

Nicole Carlson, RD, LD

As mentioned in *Diet History I*, the last hundred years have provided consumers a variety of detox diets, pills, health shakes, and group nutrition and exercise programs. Now in the 21st century diet and exercise plans continue to be prominent in our society. Each success or failure of a program in the industry has molded and reformed what is offered now. Everyone is looking for the best plan that creates unbelievable results. Despite the abundance of diet plans, making positive health changes still requires personal choice and commitment.

Many programs have come and gone, the ones remaining surely have worked for key reasons. Weight Watchers is still very popular and provides weekly support from leaders and other members. Slim Fast is also available likely due to its'

convenience and program structure. New programs are following the same trends of accountability and convenience. The 21 Day Fix incorporates simple meal planning and quick workouts with online support. Medifast provides nutrition counseling and meal plans from professionals. Like Slim Fast, Shakeology promotes the use of convenient nutrition shakes as meal replacements to help shed the pounds. Our diet culture has even started reality TV shows related to weight loss including the Biggest Loser and Fit 2 Fat 2 Fit. These programs take support to a whole new level with live-in nutrition and fitness support. No matter the plan everyone wants success and success requires accountability and a personalized plan.

Weight loss and maintenance takes hard work and dedication. Having some guidance and support from a professional also creates accountability. After the dedication is established everyone still needs a personalized plan. We all have different genetics, metabolism, body compositions and lifestyles. A study conducted at Weizmann Institute of Science showed links to at least 38 genes for nutrient metabolism. Due to these genes we have different ways our

bodies absorb and use nutrients. It is crucial to remember that we are all different. Generally, two people will not have the exact same success with a program. Since we all react differently to nutrients we need a different plan and execution to be successful.

The key to healthy living is to tailor your nutrition and exercise habits to something that is sustainable. Some formatted plans may have worked for individuals in the past, but many are not still following the same plan as they did in the 80's. This is likely because the plans were not meant to last the test of time. Another century will go by and there will be a variety of new diets to come and go. There will always be a diet trend to join but finding something that will last takes dedication and desire for change. Try to journal food, find correct portion sizes and be active. Being healthy can be achieved with a balanced diet and a consistent workout plan. To be nutritionally and physically well, it's crucial to live out a lifestyle that is practical for years to come.



Thanks for reading! Please send your feedback to mymealplan@insidertrainingfitness.com.