

UVA HEALTH SYSTEM BLOG

Stories about the patients, staff and services of UVA

HOME ABOUT VIDEO TELL YOUR STORY CONTRIBUTORS

Weight-Loss Wonder Ingredients: Q&A Part 2, Fad Diets

On January 22, 2014 | At 8:54 am

I know, I know: You can't always trust an infomercial. But we live in a fast-food world, and those of us interested in losing weight would love to find a single magic ingredient to do the work for us.

In this second installment of our **Fad Diet Q&A series**, UVA nutritionists Carole Havrila and Katherine Basbaum offer a reality check.

Q. What about weight-loss claims for wonder ingredients? Recently, I've been curious to see magazines touting turmeric, coconut oil or garcinia cambogia. Can adding just one of these or other ingredients really make you lose weight all by themselves?

Havrila:

- Be skeptical if the product or diet promises a quick fix, if it recommends approaches based on limited, hard-to-find studies or a single study, if it lists good and bad foods or if it sounds too good to be true.
- Do some research on credible websites.
- Ask your dietitian, doctor or pharmacist to help.
- Understand that diet pills and dietary supplements are not regulated as drugs are. Therefore there is a risk of contamination or a risk that products marketed and sold with these ingredients may not even have these ingredients in them.
- Remember, some weight loss or diet pills have been associated with liver failure and even death.



Coconut oil, turmeric and other supplements supposedly encourage healthy weight loss.

Basbaum: When it comes to specific foods or herbs that are touted in the press as miracle weight-loss foods, remember a couple things:

1. If it sounds too good to be true, it probably is.
2. Even if there is some solid evidence that supports its weight-loss claims, you *still* have to do all the other things that are traditionally needed for weight loss if you want to see significant results, i.e., healthy diet and exercise.

Next up: *Diet Dangers for Cancer & Heart Patients, Fad Diets Q&A Part 3*

Share:



Related posts:

- [Fad Diets Q&A: The Truth Behind the Hype](#)
- [Juice Cleanse? Think Before You Drink: Q&A Part 1, Fad Diets Series](#)
- [Want to Lose Weight? Neuroscience and EBT Can Help](#)

Search for:

Search

Recent Posts

- [Sleep, Belly Fat, and Making Weight-Loss Last: Q&A Part 5 Fad Diets](#)
- [Detox, Gluten-Free, Vegan: Best & Worst Diets, Q&A Part 4 Fad Diets](#)
- [Diet Dangers for Cancer & Heart Patients, Q&A Part 3, Fad Diets](#)
- [Weight-Loss Wonder Ingredients: Q&A Part 2, Fad Diets](#)
- [Juice Cleanse? Think Before You Drink: Q&A Part 1, Fad Diets Series](#)

Follow Us



Subscribe by email

Subscribe

Featured Topics



See all topics

Filed under : [Healthy Living,Nutrition,Women's Health](#) | By [Amy Marshall](#)

Comments : [0](#) |

Leave a Reply

Name (required)

Mail (will not be published) (required)

Website

Please note, we monitor comments and it could take as much as 48 hours for your comment to appear.

Vim & Vigor



Offering vital information on prevention, treatment, nutrition and fitness.

UVA Health System | 1215 Lee Street | Charlottesville, VA 22908 | 434.924.3627 | 800.251.3627
Maintained By Marketing Communications | © 2014 By The Rector And Visitors Of The University Of Virginia