



Participant Guide

## Diet Frustrations: Why Your Diet May Not Be Working for You



## 1. Your diet is too strict

- Most diets eliminate some food group: low fat, low carb, sugar free, low calorie, dairy free
- Low fat diets can lead to sugar cravings
- Most people binge, cheat or overeat restricted foods after diet ends



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## Common Fad Diets

### Keto Diet

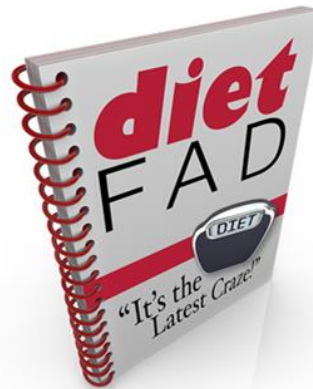
- Low carb < 50g carbs/day
- High fat, high protein
- Rapid weight loss

### Paleo Diet

- High in meats, eggs, fish, vegetables
- Low in grains, legumes, dairy

### Low Carb Diet

- < 130g carbs/day
- High in protein, vegetables, fiber



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## Common Fad Diets

### Vegan Diet

- Eliminates animal products (meat, fish) & byproducts (dairy, eggs, cheese, honey)

### Zone Diet

- 30% fats, 30% protein, 40% carbs
- Encourages complex carbohydrates, eliminates refined grains & oils

### DASH Diet

- Whole fruits, vegetables, grains
- Limits sodium, sugar



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## 2. Dieting as Temporary Fix

### Quick fixes don't work

- Dieting for a few weeks/months then reverting to old habits/poor eating - counteracts weight loss

Say No  
To Yo Yo  
Dieting



### Yo-Yo Dieting

- Dieting for a period, reverting to original diet, then trying new diet
- Stresses metabolism
- Loss of lean muscle mass, increase in body fat
- 1/3 of yo-yo dieters gain more than originally lost after diet ends

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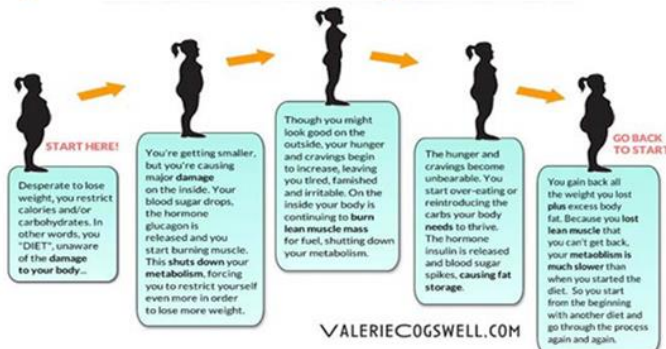
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## Dangers of Yo-Yo Dieting



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## 3. Unrealistic Expectations

### "Need Now" era

- Want immediate results
- Lose motivation, commitment



### False Advertisements

- Claims for immediate results – unsafe, unhealthy, untrue
- Social media depicts weight loss as easy
- TV, Facebook ads influence thoughts about weight loss

*Slow weight loss more likely to become long-term weight loss*

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## Additional Resources



- Dulloo, A. G. Pathways from dieting to weight regain, to obesity, and to metabolic syndrome: an overview. Wiley Online Library. Volume 16, Issue 51 <http://doi.org/10.1111/cbr.12250>
- The Dangers of Yo Yo Dieting: A Smart Guide for Men & Women on the Dangers of Yo-Yo Dieting. Valeriecogswell.com/images
- Food Labeling Laws & Regulations <https://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/abelingnutrition/ucm2006828.htm>
- MyPlate. [www.choosemyplate.gov](http://www.choosemyplate.gov)

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## Confidential Life Balance Solutions at No Cost To You

### Counseling

Set of free face-to-face, phone, video or chat sessions per issue per 12 months

- Difficulty with relationships
- Emotional distress
- Job Stress
- Communication/conflict
- Substance use
- Grief

### Parent Coaching

Set of 3 phone sessions per year

- Child development & behavior
- Social anxiety
- Excess screen time
- Supplemental to counseling

### Family Care

Resources for all stages of life: Parenting & Childcare

- Childcare resources & referrals
- Parent coaching
- Tutors, mentors, programs for children with special needs
- Teens, college and beyond
- New Baby Kit

### Adult Care Needs

- Meals-on-Wheels
- Alzheimer's education
- In-home, sub-acute, rehab care
- Free resource book

### Legal & Financial

#### Legal Referrals

- Immigration
- Family law
- Estate planning
- Wills & trust

#### Financial Consultations

- Money management
- Debt consolidation
- Investment basics
- Income taxes

#### ID theft resolution

[employees.concernhealth.com](http://employees.concernhealth.com) 800-344-4222



## Benefits

Your employer cares about you as an employee and as a person who lives a life outside the workplace. We at Concern understand how balancing these roles can make your life a juggling act in:

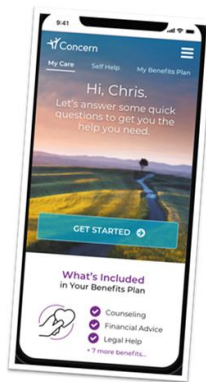
- Balancing work, home, and leisure
- Taking care of people who rely on you
- Dealing with the stress of modern life
- Handling loss and the unexpected

Call Concern's toll-free number if you feel overwhelmed by the stressors in life. 800-344-4222

## Concern's Digital Platform

Your front-door for easy, confidential access to personalized support, anytime you need it

- Easy access on your computer or portable devices
- Create your personal dashboard
- Request services, select counselors
- Connect to mindfulness resources from eM Life



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## Concern's Digital Platform

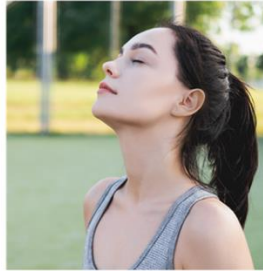
Accessible from your phone, tablet or computer. It is your front door to everything Concern has to offer. Your Personalized Dashboard. It combines technology, counseling, and self-help tools with compassionate human interaction – all in one place.



## eM Life App. Mindfulness for Everyday Living

Access via Digital Platform

- Evidence-based
- Designed for daily use
- Live and on-demand
- Personalized experience
- Expands prevention
- New skills



employees.concernhealth.com 800-344-4222



## Mindfulness for Everyday Living

You have access to eM Life – an entire suite of evidence-based live and on-demand mindfulness solutions.

- It can be accessed via the Concern Website: employees.concernhealth.com, or
- You can download and access via your mobile phone.

Thank you!  
Questions? Comments?

Please complete the Survey Monkey  
<https://www.surveymonkey.com/r/3VHDNPS>

