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Fad diets between truth and myth

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Abstract: Fad diets are a common phenomenon in the world. They are characterized by extreme restrictions on food intake, often leading to weight loss. However, many of these diets are based on myths and are not supported by scientific evidence. This paper discusses the truth and myth of fad diets and provides a critical analysis of their effectiveness and safety. The paper also discusses the importance of a balanced and sustainable diet for long-term health and weight management.

Biography

Rania has completed her bachelor degree in clinical nutrition and dietetics from University of Sharjah. She have DHA license. She is a clinical nutritionist in one of the leading clinics in Dubai and Sharjah and a research supervisor in University of Sharjah.

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