



AND



WELLNESS PRESENTATION 2015

FREE COMMUNITY PROGRAMS AT MONONA TERRACE

# TOP 5 FAD DIETS: THE GOOD, THE BAD, AND THE UGLY



Obesity is a growing epidemic in the US today. Many individuals dealing with weight issues are lured into trying fad diets marketed by the weight loss industry. Today individuals without weight issues also try these diets for various beliefs on health benefits. However, many of these diets are often untested and may cause more harm than good. Learn about the current trends in fad diets versus healthy eating approaches. Hear about the top 5 fad diets and why they may not be the best options. The talk will also focus on recommendations regarding food intake for optimal health.

Kavita H. Poddar, PhD, RD. A Clinical Nutritionist at UW-Health, will speak at the Monona Terrace Lecture Hall on

**WED., APRIL 29, AT NOON**



Sponsored by: Madison Senior Center

