



“DIET” a Four-Letter Word?

Nutrition tips from DuPage Senior Citizens Council and Kane Senior Council

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Do not fear healthy eating!

Follow these seven tips to lose weight and keep it off without having to undertake any of these extreme diets:

1. Eat regular, balanced meals
2. Get adequate fiber
3. Avoid highly-processed, sugary, and fatty foods
4. Exercise regularly
5. Avoid overeating
6. Drink lots of water
7. Work occasional treats into your week (within moderation)

A Scary Word?

“Diet” is a term that usually implies cutting back on food that we like and restricting ourselves from things that taste good in hopes of losing weight and/or eating healthier.

The word “diet” does not need to carry the negativity that it often does! Eat healthy foods that you like, and you will never “diet” a day in your life.

With so many diets throughout history, it’s easy to see the word “diet” as a scary one. But when it comes down to what the best “diet” is, it is important to remember that the best diet is not the same for everyone, and that, often, the best diet is one of balance and moderation.

So, forget about the diets of the past and find what works for you. Your “diet” may be as simple as eating a balanced meal three times a day.

“DIET” a Four-Letter Word?

Diets and ideas about an ideal body can be traced back to as early as Ancient Greek times. In the eras that followed, what exactly this “ideal body” looked like and how it was to be obtained varied, ranging from the Christians and their fasting to the Victorian masses and their self-imposed starvation. It wasn’t until the early 1900s, though, that the first “diets” – or, rather, specific ways of restricting food in order to lose weight – began to emerge.

1903

Horace Fletcher, a self-taught nutritionist, instructed that all food must be chewed inot liquid before swallowing, and that doing so would reduce the amount of food consumed at any one time.

1930s

The Grapefruit Diet emerged, a diet consisting of eating one grapefruit at each meal alongside other protein-rich foods and vegetables.

1950s

The Cabbage Soup Diet appeared, a diet involving eating cabbage soup made with other low-calorie vegetables.

1961

Weight Watchers was established, a program in which an individualized number of points are tracked, rather than calories, in order to encourage the consumption of healthy foods.

1970s

The Slim-Fast Diet, in which a shake is consumed for breakfast and lunch, along with a “sensible” dinner, emerged.

1985

The Jenny Craig program was founded, in which personalized nutrition coaching and meal replacements are offered as a way to teach people how to make healthier food choices.

1998

The Atkins’ Diet, a high-protein, high-fat, low-carbohydrate diet, began to gain popularity.

2007

The Ketogenic, or “keto” diet, in which most of one’s daily calories come from fats, became widespread.

2013

The Paleo Diet, which embraces a more primitive way of eating through the consumption of only lean meat, fish, nuts, seeds, oil, fruits, and vegetables, emerged.

2018

Intermittent Fasting returned to the diet world, in which one denies their body food for specific periods of time.

Eat healthy foods that you like, and you will never “diet” a day in your life.