

Energy Fitness Memphis Newsletter December 1, 2010 The Fad Diet That's Bad For Your Health



## **Motivation, Tips and "Insider" Secrets to Your Best Body . . . NOW!**

If you drink diet sodas or any kind of diet drink at all -- you'll want to pay VERY special attention to today's article.

What you will read may shock you.

Yours For Health,

Tonya Tittle, M.A., ACSM  
Health & Fitness Expert

### Are Diet Drinks Making You Fat?

You already know that drinking sodas which are high in sugar (and high-fructose corn syrup) are bad for you.

But did you know that drinking the alternative (diet sodas and diet drinks) are just as bad for your health and body, if not worse?

Most folks think they're doing good by drinking these zero-calorie drinks.

But the truth is they do way more harm than good.

For starters, there is no evidence that diet sodas or diet drinks actually help you lose weight.

In fact, they do the opposite. They make you fatter.

A study published in the journal "Obesity" came across a startling find ...

It compared over 2,000 people. Those who drank diet sodas had a 47 percent higher body mass index (BMI) than those who didn't.

What's more, the diet soda drinkers were at twice the risk of becoming clinically obese!

But that's not all.

An eight-year study done at the University of Texas found that there's a 41 percent increase in risk of being overweight for every can or bottle of diet soda a person drinks each day.

Scary stuff, right!?

If that wasn't bad enough, get this. A study published by the Public Library of Science found that the artificial sweeteners used in diet drinks can be just as addictive as cocaine (or more so!).

In this study, animals had two choices. Cocaine or saccharin (a common artificial sweetener). It turns out that 94 percent chose saccharin ... even if they were already addicted to the cocaine!

Bottom line is this: Diet sodas or diet ANYTHING -- isn't good for your fat loss efforts or for your health.

Instead, stick with plain old H<sub>2</sub>O.

If the thought of drinking nothing but plain water makes you gag, add some flavor.

For example, you can add some fresh lemon or lime.

If you're more adventurous, you can crush some mint leaves, and add ice too.

Finally, if you absolutley MUST have "sweet" in anything you drink, use Stevia.

It's an all-natural sweetener that has no calories...and none of the side effects that comes with the artificial stuff.

This is just one example of the kinds of tips and tricks I give my personal training clients to stay healthy and fit year-round.

Quote Corner

"Fitness -- If it came in a bottle, everybody would have a great body" - Cher

Eat Yourself Thin

Sweet and Sour Chicken III  
(Serves Four)

1 pound skinless, boneless chicken  
breast meat cubed  
2 tablespoons vegetable oil

1/2 cup sliced green bell pepper  
1/2 cup sliced red bell pepper  
1 cup carrot strips  
1 clove garlic, minced  
1 tablespoon cornstarch  
1/4 cup low-sodium soy sauce  
1 (8-ounce) can pineapple chunks, juice reserved  
1 tablespoon vinegar  
1 tablespoon brown sugar  
1/2 teaspoon ground ginger

1. Brown chicken in oil in a large skillet over medium-high heat. Add green bell pepper, red bell pepper, carrot and garlic and stir fry for 1 to 2 minutes.

2. In a small bowl, combine cornstarch and soy sauce and mix together; pour mixture into the skillet, along with the pineapple and liquid, vinegar, sugar and ginger. Stir together and bring to a full boil.

Prep: 10 mins  
Cook: 10 mins  
Ready: 20 mins

Amount Per Serving - Calories: 259 / Total Fat: 9.4g /  
Cholesterol: 59mg / Sodium: 603mg / Total Carbs:  
19.9g / Dietary Fiber: 1.9g / Protein 23.7g

Recipe from AllRecipes.com.