

# Baby Food Diet



Replace meals with baby food

Eat a variety of baby foods

One “adult” meal per day

According to DGA Recommendations:

- 1 Low in protein
- 2 Inadequate fiber content
- 3 Lacks healthy fats

The baby food diet may seem like a convenient way to lose weight, but its negative far outweigh the positives. The lack of essential nutrients and lowered metabolism make this diet detrimental to our health.



## Claims V.S. Reality



1. Detoxifies body

Your kidneys and liver already detoxify your body

2. Easy portion control

Hunger doesn't go away - not enough food to signal the brain

3. Rapid weight loss

Reduces metabolism and causes rapid weight gain