

Fad Diet Presentation Reviews

One Food/Mono Diet

What's involved with following this diet?

Diet includes eating only one food item or group for all meals of the day.

Who is it for?

For people who want to lose weight in a quick and convenient way.

Is it backed by scientific research?

Not at all.

Is it dangerous?

Yes, it can be dangerous because of it is very restrictive and may promote an unhealthy relationship with food and trigger developments of unhealthy habits. It can also cause a loss of muscle mass and have potential for nutrient toxicities (due to restrictions to only one food.)

Would you recommend?

I would not recommend this diet because it is not sustainable, and also has negative effects on relationship with food and bodily health. The weight loss achieved with this diet is typically very short-term.