

Celebrity Diet Myths - The 4 Fattest

Contributed by Skinny Myths

SKINNYMYTHS.COM BURSTS BUBBLE OF CELEBU-DIETS

Some of the 'favorite' Diets of the Stars are fat with lies, myths, and misconceptions. SkinnyMyths.com, a website dedicated to exposing and communicating dieting myths to consumers, has identified the Four Fattest Celebrity Diet Myths.

#1 The Martha's Vineyard Detox Diet:

Howard Stern's sidekick, Robin Quivers, has jumped on the bandwagon of this diet consuming juice, tea and soup and having regular colonics and spa treatments. This plan promises you'll lose 21 pounds in 21 days. "Diets that make ridiculous promises like losing 21 pounds in 21 days are relying on water weight loss for a lot of their claim," said Lisa M. Davis, Ph.D., PA-C, C.N.S., L.D.N., Director of Research and Development, Medifast, Inc. "Unless you weigh over 300 pounds it's simply not possible to lose true body fat at that pace nor nutritionally sound." The Grapefruit/Cabbage Soup Diet myth (very similar to the Martha's Vineyard Detox Diet) ranks as the 3rd most watched diet myth on SkinnyMyths.com

#2 Master Cleanse Diet:

Beyonce Knowles and Jared Leto have tried to stick with this diet consisting of drinking nothing but a concoction of syrup, lemon juice, water and cayenne pepper for 10 or more days.

#3 Protein Carb Separation Diet:

An April 2008 issue of Us Weekly reported that Mariah Carey dropped 20 pounds by following a diet prescribed by her trainer/nutritionist. One key, the magazine reported, was a ban on eating carbohydrates and protein in the same meal, on the theory that these nutrients are absorbed differently in the gut--eating them separately is more efficient and promotes greater weight loss than eating a more balanced meal. "Absolutely not—there is no scientific evidence to show this," says Suzanne Havala Hobbs, a registered dietitian and director of the doctoral program in health leadership at the University of North Carolina School of Public Health in Chapel Hill, N.C.

#4 British Facial Analysis Diet

Kate Winslet gained prior to delivering daughter Mia, but to lose it all, the five-time Oscar nominee relied on the popular British facial analysis diet, which prescribes a meal plan based on an individual's complexion and facial features. "She might need a new dietitian," says Joni Rampolla RD, LDN and SkinnyMyths.com contributor.

