

RED FLAG

Diet Claims

Don't believe everything you read or hear about dieting. Watch out for red flags like these.

THE QUICK FIX

"Lose 50 pounds overnight!"

TOO GOOD TO BE TRUE

"Lose weight watching TV!"

WHO SAID THAT?

"Giant banana splits are good for you!" – The World Ice Cream Association

ANIMAL STUDIES

"Magic diet pill found 100% effective in rats!"

quick fix
too good to be true
who said that



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HEALTHCARE