

Crash diets do more harm than good

By Cynthia Bulinski
Emerald Contributor

When considering whether to diet, many people know their weight but seldom know their body composition. The numbers on the scale do not reveal body composition — fat mass plus lean body mass.

A crash diet — a daily intake of 1,000 calories or less — often changes the body's composition, and the dieter ends up with a higher fat mass, a speaker said at a recent University workshop.

Britt Ellis, a University doctoral student in community health, said a crash diet signals a starvation situation to the body.

The body then conserves energy by decreasing the number of calories needed per day, Ellis said at a University Lifestyle Planning Program workshop.

This decrease of required calories translates to a lower basal metabolic rate. Ellis said, when normal eating is resumed, the body needs fewer calories than it did before and weight gains are common. If another crash diet is tried, the basal metabolic rate is again affected, she said.

Moreover, because crash dieters often lose fat,

water and muscle, dieters usually are fatter than when they started the diet because the percentage of body fat is higher, Ellis said.

"We are dieting into states of obesity," she said. One-third of women ages 19-39 diet at least once a month, Ellis said. She said this loss-then-gain pattern can lead to a form a high blood pressure for some individuals.

Robert Hackman, an associate professor in the School and Community Health Department, said, "Ninety-five percent of all people who diet gain back all the weight they lost" over a two-year period.

Studies of 1,000-calories-or-less diets showed an average basal metabolic rate decrease of 13-23 percent, Ellis said.

A restricted diet eventually leads to feelings of deprivation, followed by bingeing or eating more than the body needs. Guilt sets in and often the weight is regained.

Guilt coupled with feeling undisciplined or abnormal are common among dieters. Resolutely, another diet is tried.

Ellis said the first step in breaking the detri-

Turn to DIETS, Page 6

EATING

Continued from Page 4

fluctuation, depression, changes in appearance, abnormal interest in food, severe dieting and exercise, and substance abuse.

CAUSES

Merten said psychologists and doctors are baffled by eating disorders and can only offer theories for the causes.

"We don't know," Merten said. "It's not a rational act, so it's kind of hard to find a rational reason."

However, eating disorders may be culturally driven. Women experience low self-esteem when they fail to meet the thin standards of society, Merten said. Low self-esteem leads women to believe they would be happier "if only (they) could lose a few more pounds," she said.

"There's an obsessive desire to be thin in post-industrial society," Merten said. "Young women have an impossible task. They're unable to keep their bodies from getting rounder and fuller."

Eating disorders are addictive behaviors, Murphy said. People may turn to food to escape the pain of a traumatic event in the

past such as incest or rape.

DANGERS

Eating disorders are a serious threat to a person's health. Anorexics may literally starve themselves to death, Merten said.

"Some girls who are 5-6 and

80 pounds look into a mirror and think they're fat," she said. "How far can they go? They can die."

People who want help for an eating disorder should call the University Counseling Center at 346-3227 or Sacred Heart General Hospital's eating disorders clinic at 686-7372.

THE Gazebo RESTAURANT

MIDDLE EASTERN & MEDITERRANEAN CUISINE
19th & Agate 683-6661

New Hours
Open EVENINGS!
Monday-Friday
7:30 am - 9 pm
Saturday
8 am - 6 pm
Sunday
9 am - 3 pm

FALL CREEK BAKERY

Aah! CAFE
881 E. 13th Avenue
Next to the UO Bookstore
Bakery 484-1062
Cafe 484-6443

BURGER OR SHAKE SALE!
99¢

GOOD THROUGH JANUARY 26

Your choice only 99¢... a juicy Homestyle™ single burger with crisp lettuce and ripe tomato or a 16 oz. frosty shake. Choose any flavor you like. Both on sale now at your participating neighborhood Dairy Queen.

Dairy Queen
We Treat You Right

Velcro Jumping is here!
Every Thursday
The bar sport of sports.
Take a break from studying and stick yourself to a wall.

Guido's
13th and Alder 343-0681

DELTA ZETA NATIONAL RUSH
JANUARY 13-17, 1992

What: Informational Party
When: January 13, 1992
7:00 pm
Where: Faculty Club
Corner of University & 13th

For more information please contact:
Robin DeArmond 485-3552
Shelley Sutherland 346-1151

KISS A DUMMY SAVE A LIFE!!!

Here's your chance to learn C.P.R. and to certify for the Red Cross C.P.R. certificate

For a \$10.00 fee charged to your student account, you will receive:

- 4 Hours of Personal Class Instructions
- Instruction Booklet
- Red Cross C.P.R. Certification Card

Dates for C.P.R. classes:
Wed., Jan. 15th 5-9 p.m.
Tues., Jan. 21st 5-9 p.m.

(C.P.R. classes held in the Student Health Center Cafeteria)

Register Early. Space is Limited.
346-4441

Cancellation must be 24 hours before class or no refund.
Sponsored by the Student Health Center, Office of Public Safety and the Lifestyle Planning Program.