



Saturday

1

- Bento Beef Salad
Soba Noodles
Peas & Carrots

8

Lemon Caper
Chicken
Steamed Rice
Green Beans

15

Lasagna
Garlic Bread
Creamed Spinach

22

Chicken Parmesan
Garlic Bread
Green Beans

29

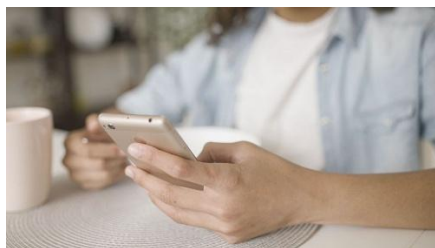
Flank Steak
Baked Potato
Roasted Cauliflower

Cuban

Aspen Valley Health's Vision is to be the leader in fostering our community as the healthiest in the nation. We invite you to nourish your body with one of our delicious daily specials ([vegan lunch options available Mon-Fri](#)). You can also build a salad at our salad bar, choose one of our homemade soups or select a grab-and-go item from the cooler.

Scrolling for Health: The Risks Behind Viral Nutrition Fads

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Teenagers get nutrition advice from many sources, including family, friends, health professionals and social media. Unfortunately, the quality of this advice varies. A 2024 survey by MyFitnessPal found that only 2.1% of nutrition information on a popular social media platform was accurate. This makes it crucial for teens to have the right resources to navigate misinformation.

Why Nutrition Misinformation is Harmful

The teen years are a critical time for growth, both physically and emotionally. Rapid changes in body size, hormone levels and self-identity can make teens vulnerable to unrealistic body standards.

Research suggests that social media use increases the risk of eating disorders, especially when focused on weight loss and even when social media is only used for a short period of time. Dangerous trends, such as laxatives, diet pills and detox products, often are promoted and can cause serious health issues.

Popular Diets on Social Media

Trendy diets often lack scientific backing, especially for younger audiences like teens. Many are overly restrictive, missing whole food groups, and may lead to vitamin and mineral deficiencies, poor growth and other negative side effects.

Some popular diets include:

- **Low-carb, High-fat (Keto or Ketogenic) Diet.** With 70% to 80% of calories coming from fat, individuals who follow this diet may be at risk for kidney issues, digestive problems such as constipation and increased heart disease risk.
- **Low-carb, High-protein Diet.** Low-carb diets may limit total carbohydrate intake to anywhere from 20 grams to 120 grams per day. Digestive problems and heart disease risk are potential concerns.
- **Meat-focused Diets (Paleo).** These diets emphasize animal-based foods and exclude most plant-based foods, including fruit and whole grains. Heart disease risk and digestive issues may be of concern.
- **Fasting Diets (Intermittent Fasting).** While there are times fasting may be recommended, for example, before a medical procedure or during a religious observation, it's not appropriate for everyone. Skipped meals or prolonged fasting periods may lead to dehydration, dizziness and fainting, difficulty focusing and nutrient deficiencies.

Dangerous Diet Trends

Some trends go beyond unhealthy and may pose a serious risk to health. Steer clear of any diet promising quick results or detoxification. Detox diets are unnecessary as the body is naturally equipped to detoxify the liver, kidneys, lungs and skin.

Avoid these diets promoted on social media:

- **Dry Scooping Pre-workout Powders.** Unregulated supplements can be contaminated and eating powders without any water or fluid can cause stomach distress.
- **Supplements and Detox Diets.** Diets and supplements promoted for detox are unnecessary and may negatively affect the gut and other body systems.
- **Over-the-Counter or Mail-Order Weight-Loss Drugs.** These should never be taken without a doctor's supervision, especially by teens.

Encourage Healthy Eating Patterns for Teens

Instead of restrictive diets, evidence supports balanced eating habits that include a variety of foods, such as fruits, vegetables and whole grains. While good nutrition is vital, an obsessive focus can lead to disordered eating. Encouraging a balanced lifestyle, physical activity and seeking professional guidance, when needed, can support teens in developing a healthy relationship with food and their bodies.