

Name _____

Due date:

Fad Diets: Fact & Fiction

LOSE 10 POUNDS THIS WEEKEND!
MELT THOSE POUNDS AWAY!
EAT ALL THE ICE CREAM YOU WANT AND STILL LOSE WEIGHT!

Sound too good to be true? The above claims are all myths. So how is the average person to know who or what to believe? This project has been designed to help you look closely at some popular diets and the potential threats they pose to your health and life.

Some websites you may find helpful include:

- a) //nutrition.about.com/msab.4.htm “What you need to know about Fad Diets”
- b) www.dietician.com/faddiet.html “Fad Diets - Ask the Dietician”
- c) www.diet-i.com/weight-loss-diet-reviews.htm “Weight Loss Diet Reviews”
- d) http//checkweight.net/ “Diet, Fitness & Weight Loss Directory”

I. Background Information:

- read the handout “Fad Diets: What you are missing.”

II. Choose one of the fad diets from the following list:

- Dr. Atkin’s Diet or Atkin’s Diet
- Zone Diet
- Scarsdale Diet
- Herbalife
- Cabbage Soup Diet
- Grapefruit Diet
- Jenny Craig
- South Beach Diet
- Dr. Phil’s Diet
- Weight Watchers
- Hip & Thigh Diet
- G.I. Diet
- other _____

III. Research your chosen diet, completing the following:

- a) average servings and food sources from each of the food groups:
 - i) Milk & Milk products
 - ii) Meat & Alternates
 - iii) Grains
 - iv) Fruits & Vegetables: Vit. C
Vit. A
2 others

b) What claims does this diet make?

c) What, if any, are the possible side effects or dangers of this diet?

d) Who created this diet? What is their nutritional or dietetic background?

IV. Complete the Diet Evaluation form for your diet.

V. Use the “Inspiration” software program to organize your information.

Present your findings either on a poster board or as a health care pamphlet on an 8 1/2 x 14” paper folded in three. Refer to evaluation rubric for details.

