

FAD DIETS

Each group will write a 2-page (typed) paper on the indicated diet. Be sure to synthesize the information in your own words and with the class materials – don't just lift materials from the web. I will call on a member of each group to talk about the specifics of their diet in class.

Answer the following questions in your diet summary:

What is the time range for advertised weight loss with this diet?

What are the key ingredients to this diet?

What nutritional principles is this diet based upon (if any)?

Does this diet conform to the food pyramid scheme put forth by the FDA?

Are there documented ill effects from this diet?

Is exercise recommended with this diet?

The diet groups are:

- **eDiet** -- Larry Bailey, Lisa To, Hillary Brass
- **Weight Watchers** – Anne Goodenow, Stephanie Guerrero, Lauren Kiehna
- **Atkins** – Tommy Hayes, Brendon Collins, Beth Planalp
- **Sugarbusters** – Sean Ryan, Anhmarie Marshall, Stephanie Cheng
- **South Beach Diet** – Natalie Barczak, Rebecca Grutsh, Erica Williams
- **Scarsdale Diet** – Kaitlan Lee, Tom Johnson, Lee Goeddel
- **Slimfast Diet** – Paul Switaj, Jillian Havey, Kyle