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