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Dr. Proulx

Fad Diet Analysis

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Table of Contents

Introduction.....Pg. 3

Atkins Diet.....Pg. 3

Zone Diet.....Pg. 8

South Beach Diet.....Pg.11

HCG.....Pg. 15

Comparison Table.....Pg. 19

References.....Pg. 21

The field of nutrition is growing rapidly due to the increase in obesity not only across the United States, but in other countries as well. Individuals are becoming more aware of this rapid increase in obesity and as result, millions of commercial fad diets are being developed and sold to the uneducated who are attempting weight loss. A commercial fad diet is typically known as a poor weight loss program considering they are constantly falling in and out of trend or flavor. Fad diets have acquired the reference to a poor weight loss program due to how unsustainable they are. Four well-known fad diets are the Atkins diet, Zone diet, South Beach diet, and HCG diet.

Dr. Robert Atkins first developed the Atkins diet in the 1970's. It was at this time he published his book, "The New Diet Revolution." Up until the fall of the Atkins diet in 2004, Atkins was well known and became named "The most popular diet program" by Time Magazine. Due to the negative feedback and the crash of the diet in 2004, Atkins has been recently reintroduced to society as "The New Atkins For A New You." This new and improved Atkins diet catches the attention of individuals with their promise of losing up to fifteen pounds within two weeks and that being just the beginning. Overall, there are four stages within the Atkins diet which are known as the introduction phase, OWL phase, pre-maintenance phase, and lifetime maintenance phase.

The first phase of the Atkins diet is called the introduction phase. In this phase, Atkins promises the loss of fifteen pounds within two weeks. The objective of this phase is to switch your body from burning carbohydrates in the form of glucose to burning fat, including your body fat, for energy. This ensures the individuals will have a rapid head start on achieving their weight loss goal. In order to accomplish this switch, individuals should consume three regular size meals or four to five smaller meals during a day. Meals should not be skipped and going

more than six hours without eating is frowned upon. Individuals are prohibited from eating more than 20 grams of net carbohydrates in one day thus a large consumption of vegetables during this phase is recommended. More specifically, Atkins recommends that 12-15 grams out of the 20 grams of net carbohydrates allowed should come from the consumption of vegetables due to the fact that they are low in carbohydrates while high in vitamins, minerals, antioxidants, and fiber. Another key element to this phase is the large consumption beverages. Individuals are recommended to drink a total of eight- eight ounce portions of approved beverages. Such beverages include water, club soda, herb tea, and a moderation of caffeinated and decaffeinated coffee and tea. Additionally, individuals should take an iron-free multivitamin/multimineral combination as well as an omega-3-fatty acid supplement. Atkins also offers a few important tips during this stage including distinguishing between hunger and habit, adjusting the quantity of food eaten as hunger decreases thus only eating until they're satisfied rather than stuffed, and to not assume any food is low in carbohydrates. Therefore, Atkins states to always read the labels beforehand. Moving onto phase two of Atkins is applicable if you are already within fifteen pounds of your desired weight, if you're bored with the food choices, or if you have been in the introduction phase for several months and are at least half way to your desired weight.

Phase two of the Atkins diet, also known as the OWL phase, focuses around the continuation of weight loss while marking the beginning of return to a permanent way of eating. Objectives of OWL include gradually increasing the daily amount of net carbohydrates in your diet, staying in control of your appetite, the continuation of weight loss, slowly increasing the variety of foods in your diet, and finding your carbohydrate level for losing (CLL.) Similar to introduction, individuals in OWL will continue to count the daily grams of net carbohydrates, consume the recommended amount of protein and natural fats, drink eight- eight ounce portions

of water and other acceptable beverages, assure the adequate consumption of salt to avoid fatigue, and continue to take an iron-free multivitamin/multimineral combination as well as omega-3-fatty acid supplement. On the other hand, OWL calls for an increase of 5 grams of net carbohydrates resulting in a daily consumption of 25 grams of net carbohydrates. Atkins recommends consuming nuts, seeds, low carbohydrate fruits, vegetable juices, a variety of dairy products, and legumes in order to increase net carbohydrates. More importantly, Atkins puts focus on the fact that the increase of carbohydrates in the diet should be gradual, not sudden or dramatic. After the first addition of 5 grams, each individual will increase in 5 gram increments until finding their personal carbohydrate level for losing (CLL) noting that every individual's CLL will be different. Atkins emphasizes the importance that in OWL individuals will not be losing rapidly but steadily with an average of 2 pound per week. Atkins advises moving from OWL to pre maintenance if an individual has been steadily losing weight and is close to their goal. Additionally, individuals who crave a broader variety of food and still have 10 or more pounds to lose are able to jump into pre maintenance as long as weight was steadily dropping at a CLL of 50 plus, without cravings or continuous hunger.

Pre maintenance, the third phase of Atkins diet, is generally for individuals with ten or less pounds to loss. In this stage, individuals should have control thus be able to discover their overall tolerance for net carbohydrates. Specific objectives for individuals involved in pre maintenance are slowly losing the number of pounds till reaching their desired weight, testing their carbohydrate tolerance, testing their tolerance for additional foods, finding their Atkins carbohydrate equilibrium (ACE), and maintaining and controlling their weight. An individual testing their overall tolerance for net carbohydrates will experiment whether or not they can increase their CLL. In order to experiment, individuals are instructed to add 10 grams of net

carbohydrates to their CLL. The following week and every additionally week afterwards another 10 grams of net carbohydrate will be added until weight loss stalls or extreme hunger cravings occur. In this case, individuals are then instructed to instantly reduce 10 grams of net carbohydrates until they find their comfort level and are back in control. After each individual knows where they stand and how many grams of net carbohydrates apply to their diet, individuals are allowed to add high-carbohydrate foods slowly back into their diet. Atkins places an emphasis on needing to stay in control and the fact that some individuals may be able to do so while others cannot. After reaching their goal weight, finding an individual's ACE is now crucial. An individual's ACE is represented by the number of net carbohydrates and individual can eat while not losing or gaining weight. ACE can be determined by slowly flocculating your CLL until you reach a point where the individual is consuming a certain number of net carbohydrates while sustaining their goal weight. Now that an individual's ACE is apparent, maintaining their goal weight for one month by staying at or slightly under your ACE is necessary before moving to lifetime maintenance. Due to all the specifics of pre maintenance, Atkins draws attention to the fact that the goal isn't to just lose weight, it is to keep it off.

Finally at lifetime maintenance, the final phase of the Atkins diet, individuals are at their desired goal. Lifetime maintenance main objective is to take charge of your weight and not have a relapse, implying with your ACE, making adjustments along the way, give and receive support, and sticking with it. For the rest of their life, individuals who participate in the Atkins diet will stay within 5 pounds of their desired weight by sticking with their ACE although making adjustments may be crucial as age increases.

As evident through the explanation of all four phases, this diet does not count calories or have a specific percentage of proteins or fats to follow by but solely counts and relies on the

restricted consumption of grams of net carbohydrates. The Atkins website has many recipes available allowing individuals to cook at home although Atkins has many brand products located throughout stores as well. Therefore, there is no specific amount of money spent while on the Atkins diet. Additionally, Atkins doesn't have a mandatory workout plan. An average commitment level for individuals on the Atkins diet is considered medium. Many factors are contributing to this rating, including but not limited to, no required workout routines, significant weight loss in a short time period, long term weight maintenance, counting and restricting carbohydrates, and cooking accordingly.

In every diet there will always be critics as well as advocates. Consumers against the Atkins diet have stated that it is not ideal for vegetarians or vegans, it is low on fiber, and it is low on many vitamins and minerals while high in saturated fats and cholesterol. Additionally, critics of the Atkins diet draw attention to its connection with osteoporosis, heart disease, colon cancer, and renal disease. On the other hand, advocates of the diet enjoy initial rapid weight loss followed by steady weight loss, the ability to eat protein and fats, and the reduction in sugars and processed grains as well as hunger. Advocates have labeled this diet the "life-time approach to dieting." Such reviews indicate there are many reasons one can find to like or dislike the diet. Generally, every consumer of the product has found it is an effective weight loss program and states that the weight has stayed off.

According to professionals, such as the American Heart Association (AHA), the Atkins diet should not be used by individuals. AHA states that although the Atkins diet is a low carbohydrate diet, it is indirectly a high protein and fat diet. Additionally, AHA states that the Atkins diet has not been proven effective for long term weight loss and has been linked to multiple health risks. On the other hand, advocates of the Atkins diet state that these are

misconceptions of the Atkins diet and that the diet does not focus around a protein and fat diet but does get consumers away from sugars and processed foods. Also, advocates state that consumers of the Atkins diet are taught the philosophy of moderation. More importantly, advocates draw attention to studies indicated the Atkins diet, over a four month period, has helped a group of people lose weight, lower their cholesterol and triglyceride levels, as well as raise their HDL.

After reviewing the Atkins diet, I would recommend giving this plan to certain patients. I believe every client has different needs and with that said, I would only recommend this diet when seen fit. The newer version of the Atkins diet does not eliminate carbohydrates but restricts them for initial and permanent weight loss. The diet never indicates you have to supply the rest of your diet with high protein foods but offers a listing of vegetables which you could count towards your grams of net carbohydrates. Furthermore, initial weight loss motivates individuals. Motivated individuals are more likely to stick to their weight loss plan until reaching their goal. The Atkins diet helps individuals find a general area of grams of net carbohydrates and allows them to form a lifestyle that benefits and works. I would encourage individuals to add exercise to their daily schedule and to ensure they are consuming the adequate amount of vitamins and minerals while on the Atkins diet.

Another example of an American fad diet is known as the Zone diet developed by Barry Spears. Barry Spears, MD, PhD, is a biochemist and nutrition scientist who created and promotes the Zone diet through many different ways, including his Zone diet books. Furthermore, the Zone diet is based on the principle of hormone balance (insulin) stating that after achieving insulin balance you will “burn fat faster, have freedom from hunger, and reduce cellular inflammation that drives weight gain.” Zone promises not a specific number in weight

loss but that you are eating the foods you like to eat and not feeling hunger between meals.

Additionally, Zone is broken down into the daily calorie consumption of 30% in protein, 30% in fat, and 40% in carbohydrates.

The Zone 1-2-3 program has a five step timeline to inform individuals about what to expect from start to finish on the Zone diet. An individual first starting the Zone diet will obtain four to six hours of hunger suppression. By day three a surge of physical energy will become apparent considering individuals will be releasing stored fat by reducing the levels of cellular inflammation in their fat cells. As individuals approach day seven, they may realize the scales have not decreased significantly but their clothes are fitting much better due to the fact that the individual is primarily losing belly fat. A week later, thus two weeks into the Zone diet, individuals have a better handle on dealing with the stress level in their life. After a month of participating in the Zone diet, a decrease in blood pressure levels will become obvious as well as the change in individuals blood lipid and sugar levels.

The Zone diet pushes individuals to consume foods mostly produced by Zone Fast. Zone pushes the consumption of their baked foods because of their baking technology which removes much of the carbohydrate while replacing it with protein and still retaining a similar taste. Zone Fast states that without the patented Zone foods, it is hard for individuals to obtain a 30% protein, 30% fat, and 40% carbohydrate diet which is crucial to maintain hormonal balance and control inflammation. An individual participating in the Zone diet who chooses to follow the pre planned meals will spend a minimum of one hundred and seventy nine dollars on food for two weeks. Consequently, Zone provide recipes and food suggestions on their website for individuals choosing to home cook their meals.

Although the Zone diet does not necessarily include a supplement, Zone pushes

consumers to believe the idea that including the Zone daily Essentials (including OmegaRX and Polyphenols) will help burn fat faster. Zone advertises that OmegaRX and Zone Polyphenols decrease inflammation in your fat cells thus causing faster result in weight loss. Adding such a supplement to your plan will cost an additional fourteen dollars and eighty five cents to the original two week meal plan price. Additionally, Zone does not include a work out plan in their weight loss program but indirectly states how the Zone diet will help individual's performance as well as give them more energy. Commitment to the program is low to medium considering the options on cooking and planning your own meals (medium) to buying the pre planned and packaged zone meals (low.)

Consumers have pros and cons about the diet considering while it may work for some, it does not work for all, just as any other fad diet. Consumers enjoy that there are few restrictions unlike most low carbohydrate diets. The Zone recommends eating more vegetables and fruits while cutting out foods high in saturated fat and replacing them with food which contains monounsaturated and polyunsaturated fat. Although, other believe the Zone diet should be disregarded and never used. Unless ordering the pre planned meals, individuals must really take the time to read and understand exactly what the diet recommends. Additionally, this takes a great deal of time to not only understand what they should be eating but then it is necessary to apply and plan the information in order to assure they are reaching the 30:30:40 ratios. Most individuals do not have the education or time to plan a diet with such strict limitations. Consequently, if individuals don't plan your own meals and chose to buy the pre packaged Zone products, it can be very expensive and sometimes unaffordable.

Professionals believe it is difficult for individuals to go from a 50% carbohydrate, 15% protein, and 35% fat diet to a 40% carbohydrate, 30% protein, and 30% fat diet. Experts are also

skeptical about weight loss having to do with hormonal and insulin levels. More specifically, Pat Kendall, Ph.D., R.D., states that “the Zone diet is based on half-truths, mixed messages, and theories not yet grounded in peer-reviewed research. Furthermore, the long-term effects of the proposed diet have not been examined.” For instance, Spears states “it is high insulin levels that make you fat” when in truth, excess calories lead to a higher insulin level and if you eat more calories than you burn, the excess calories will be stored as fat.

Although the Zone diet may work for some individuals, I would not recommend this diet to any individual. Dr. Barry Spears has used correlations and placed them as facts. Also, Spears has used unproven statements as explanation for his diet plan. Furthermore, a weight loss program should not be based on the balance of insulin in the body as is Spears plan with the Zone diet. Moreover, not only is Zone high in price for pre packaged meals, it is otherwise very high in commitment which most individuals will not comply with. According to the Zone diet’s website, a workout plan is not developed in Spears weight loss program and fat burning supplements are advised for individuals to consume. This is not only harmful to your body but a very short term solution to losing weight.

A third fad diet, similar to the Atkins diet and generally referred to as the heart friendly version of the Atkins diet, is the South Beach diet. South Beach was developed by cardiologist Arthur Agatston, MD. Agatston attended New York University School of Medicine. After further attendance at Montefiore Medical Center at the Elbert Einstein College of Medicine, Agatston became the director of Mt. Sinai Medical Center in Miami Beach. Shortly after, Agatston created the South Beach diet which reduces the consumption of carbohydrates therefore is considered a low carbohydrate diet to the public. Agatston divided South Beach diet into three phases named the Eliminating Cravings and Kick Start Weight Loss, Lose Steadily, and

Maintain for Life. Each phase is developed around specific goals and restrictions.

South Beach diet starts with a phase of Eliminating Cravings and Kick Start Weight Loss. Being the shortest phase, it only lasts for two weeks. Primarily, this phase is designed to eliminate an individual's cravings for sugars and refined starches considering their abundance of carbohydrates. Additionally, in this stage an individual will stabilize their blood sugar in order to minimize such cravings. Meals in this phase are considered to be nutrient dense and high in fiber including foods such as lean proteins, high fiber vegetables, reduced fat cheeses, and low fat dairy. Emphasis on avoiding all starchy foods is very important in this initial phase of the diet. South Beach encourages snacking and always assuring to choose foods offered which will satisfy their hunger. Once having an average of ten pounds left to lose, individuals on the South Beach diet will enter phase two.

Lose Steadily, phase two of the South Beach diet, is a perfect place to start for individuals who only have ten pounds to lose. Consequently, such individuals must already have control and have a minimal amount of cravings. This phase is the development of South Beach long term weight loss plan. While engaged in the Lose Steadily phase, individuals will be able to add good carbohydrates back into their diet. According to South Beach, good carbohydrates are whole grain breads, brown rice, whole wheat pasta, and fruits. After adapting to the South Beach lifestyle and reaching their desired weight, individuals are ready to move into phase three.

Finally at the last stage, Maintain for Life, individuals will still follow phase one and two, although, this phase includes the development of a lifestyle (long term rather than short term.) According to South Beach, long term maintenance of a diet must include all different types of foods as well as indulgences. Individuals at the final Maintain for Life phase will have not just have lost weight but will have learned to keep it off with their new lifestyle.

South Beach gives a plethora of options for food choices in each phase and supplies recipes which individuals can use or reference to. No extra cost is a result to participating in the South Beach diet although grocery lists and prices may differ from an individual's norm depending on how serve changes in their diet may be.

The South Beach diet initially has no work out plan but does encourage daily workout routines and gives individuals the option of joining their supercharged fitness program. This daily workout plan is developed to get individuals blood flowing and heart pumping. South Beach's supercharged fitness program has a plethora of Pilates based core movement. All movements are shown on a step by step video thus no gym or membership is needed.

Individuals on the South Beach are banned from unhealthy fats including saturated and Trans fats but are encourages the consumption of foods containing monounsaturated and polyunsaturated fats (healthy fats.) Furthermore, South Beach counts sugars in carbohydrates rather than grams of carbohydrates and enforces individuals to eat low sugar carbohydrates containing a low glycemic index. Restriction of carbohydrates in phase one allows an initial weight loss to keep individuals motivated. South Beach encourages working out daily and provides simple exercises that can be done at home rather than paying for a gym membership. South Beach is very broad and individuals having the desire to try this diet will need to plan, think ahead, and study the foods available for them to eat during each phase. Therefore, this diet has a very high commitment level. Individuals will need to be committed to this diet entirely, especially in phase one, in order to maintain and reach the lifestyle and weight they desire.

Similar to any weight loss program, some individuals will have success using a specific diet while others will not. Nothing is different in regards to the South Beach diet. Generally, advocate consumers report the South Beach diet is very simple due to the lack of counting and

measuring. Consumers also enjoy that the South Beach diet is very low in saturated fats and is very individual based thus allows personal experimentation. Such experimentation permits consumers to study how carbohydrates affect solely their body rather than the average individual. This is very helpful and encouraging to consumers and helps them realize no two bodies are the same and every individual has different needs. On the other hand, critics of the South Beach diet draw attention to the use of the glycemic index which is hard for some to comply with. Also, many critics state how the diet is too restrictive and brings failure to individuals that can't immediately take control over their appetite and hunger. Lastly, critics point out how inconsistent the diet is. Dr. Agatston lacks in explanation and reasoning behind the increases in types of food such as saturated fat when transferring through the stages. Moreover, the diet states that portion control of low carbohydrate foods can be determined by each individual yet proceeds to recommend counting individual nuts before consumption. Overall, consumer reports indicate that the South Beach diet works for some but generally is not a good plan for most individuals.

Professional, Cindy Moore, RD, states that the South Beach diet does meet the special needs for a healthy diet. The diet is full in lean protein, vegetables, fruits, and whole grains thus leaving out no major food groups. Moore then states how much of the weight lost in phase one is water weight. This type of weight loss can through off electrolyte balance therefore she encourages not being involved in this diet unless working with and RD.

I would recommend individuals trying this diet although I would draw attention to the fact that it is important to be actively involved in obtaining the right amount of nutrients through their diet. I would recommend working with a professional such as an RD when first starting this diet. It is very important not to get caught up in the idea that restricting carbohydrates is the

only reason weight loss is apparent. Furthermore, I would encourage individuals to not cut all carbohydrates out of their diet during phase one but rather limit them. Exercise is essential and consumption of adequate amounts of fluid must also be watched and maintained.

Lastly, Human Chorionic Ganodotropin (HCG,) was developed by Dr. ATW Simeons, MD after his discovery in the late 1850's. During this time it became evident to him that small doses of HCG will decrease an individual's appetite thus causes a reduction of inches around their waste. This was found evident in both male and female hence the development of the HCG diet. The HCG diet is targeted towards obese individuals but is not limited to them. As a result, the HCG diet also includes individuals who desire to shred a few unwanted or unhealthy pounds.

HCG is a hormone produced during pregnancy to ensure nutrients are being delivered to the fetus in order to support normal growth and development. In other words, HCG makes the abnormal fat in the body available for use thus allowing the individual to use this fat for nutrients and energy regardless of their form of intake. Therefore, HCG diet works by burning the stored fat cells and utilizing them. HCG will burn approximately 3,500-4,000 calories per day resulting in the weight loss of one to two pounds each day. In addition to taking the hormone, the HCG diet restricts individuals to only five hundred calories a day after the third day of the diet. HCG diet plan assures consumers that they will not feel starvation or obtain any of the side effects such as headaches, loss of clarity, insomnia, and severe fatigue when dramatically reducing their daily calories because of the HCG drops.

The HCG diet segregates how long individuals should stay on the diet into three sections dependent upon how much weight they would like to lose. Individuals placed in section one have less than twenty pounds to lose and can expect to be on the diet for twenty six days thus spending eighty-nine dollars for their HCG diet kit. Individual's placed in section two generally

have twenty to forty pounds to lose and are expecting to be on the diet for forty days thus spending approximately one hundred and six dollars on their HCG diet kit. Lastly, individuals who have over forty pounds to lose can expect to be engaged in the diet for at least eighty days resulting in a minimum price of two hundred and sixty nine dollars for their eighty day HCG diet kit.

Additionally, the HCG diet is separated into four phases. Phase one is the first two days of the diet which corresponds directly to the first two days you take the drops of HCG. It is during this time individuals are advised to eat as much as possible while consuming foods that are high in fat and sugar. Although little weight gain will take place in the first phase, it is lost within the first few days of phase two considering the weight loss beings through the abnormal deposits of fat. Individuals who do not comply with overeating through phase one generally have trouble once entering phase two.

Phase two of the HCG diet starts on the third day of consuming HCG. The third day of the diet starts with the reduction of calories. Individuals should consume no more than five hundred calories per day. Also, HCG is to be consumed three times a day dependent upon the dosage required. Individuals are only allowed to drink coffee, tea, or water and are restricted to two liters a day. On average, twenty one to thirty eight days is spent in phase two.

Phase three begins at the end of the individuals consumption of HCG therefore the first three days of this phase are spent replicating phase two (minus HCG consumption) in order to get HCG out of the individuals system. After the third day it is recommended to switch to having no diet restrictions besides sugars and starches.

After three weeks and three days within phase three individuals are ready to move to the last step of the HCG diet, phase four. This phase advises individuals to slowly add sugars and

carbohydrates back into their diet. Also, daily weigh ins are crucial at this point. The general goal in phase four is to have a smaller appetite as well as an increase in self control which enables individuals to keep the weight off.

While on the HCG diet, exercise is not necessary. Brisk walks and other light exercises are acceptable although heavy exercise is prohibited. HCG is a very low commitment level diet considering it is solely based on consuming less than five hundred calories a day along with the HCG hormone. Cooking is minimal as well as exercise which are also contributing factors to the diets low commitment level.

The HCG diet consumers do admit that the diet aids in weight loss although weight loss is the only benefit from participating in this diet. More importantly, consumers realize this diet is extremely unhealthy and is based on the injection or oral drops of the hormone HCG. Weight loss can assumed to be effective due to the extreme calorie restriction rather than the HCG supplement and most individuals find it hard to restrict themselves to only five hundred calories a day. Many side effects are also apparent after starting the HCG diet according to consumer. Some side effects recorded include irritation, male breast enlargement, and fatigue.

No professional who has taken time to analyze or review the HCG diet has reported it as being safe or an effective way to lose weight. The diet has no clinical studies or portion of modern science to support it. The diet plan restricts calories so low it is extremely difficult to meet any nutrient requirements. Also, the diet plan is very bland, boring, and repetitive which will only produce failure in consumers and may discourage them from trying other diet plans which are actually healthy and sustainable. The HCG diet is not sustainable and weight loss is hardly ever maintained. Over, professionals rate this diet as a very poor and unsafe weight loss program.

After analyzing the HCG diet, I would never recommend this to any human being I may encounter. I do not see this diet suitable for any person, no matter what the needs. This diet has no beneficial outcome and leads to unhealthy weight loss. The restriction of calories is higher than any diet should be. The use of a hormone injection for weight loss is also a very risky and unhealthy way of life. No individual should subject to weight loss pills, drops or injections.

Most fad diets are not seen fit for an everyday lifestyle and a plethora of them are harmful. The Atkins diet, Zone diet, and South Beach diet are all diets which represent a low or restricted number of carbohydrates consumed by individuals. Atkins and South beach are similar in that they both restrict rather than eliminate the number of carbohydrates consumed until individuals experiment to find out how many carbohydrates they should actually be consuming. I found both these diets to be somewhat applicable and would recommend them to individuals although I would suggest slight changes to the each of them. On the other hand, I found the Zone diet to be inefficient in maintaining weight loss and unhealthy. Also, I found Zone to be very profit based and otherwise a very high commitment for individuals. Unlike any of the other three fad diets I analyzed, the HCG diet was based on the restriction of calories and consumption of HCG. I would never recommend this diet to an individual and find it overall very unhealthy and unsustainable. Generally, fad diets are labeled as such due to the fact their unstable and in and out of flavor appearance. Overall, I found this to be true and even though I would recommend both the Atkins and South Beach diets, I would also advocate my feeling that every individual is different and adjustments to such fad diets would have to be made. Likewise, I would push for individuals to work with an RD to assure their planned diets are nutritionally adequate.

	Atkins Diet	Zone Diet	South Beach	HCG
Characteristics	Low carbohydrate	Low carbohydrate	Low carbohydrate	Calorie restricted
Promised outcomes	15 lbs in 2 weeks then steadily/slowly till goal is met	Eating the foods you like to eat with no hunger inbetween meals	Loss and maintain goal weight for life	1-2 lbs per day
Nutritional breakdown	P1- 20g net carbs P2- CCI P3/P4- ACE	Protein- 30% Fat- 30% Carbohydrates- 40%	No	<500 calories
Good and Bad Foods	Yes	Yes	Yes	Yes
Supplement	Yes	Offered \$14.85	No	Yes
Cost	No extra cost	179.00 per two weeks	No extra cost	\$89-269
Time commitment	Medium to High	Low to Medium	High	Low
Special Foods	Yes	Yes	Yes	Yes
Exercise	No	No	Yes	No Very light if any
Creator/Promotor	-Dr. Robert Atkins, MD -Stephen D. Phinney, MD,PhD -Jeff S. Volek, PhD, RD -Eric C. Westman, MD, M.H.S. -James R. Bailes, Jr.	Dr. Berry Spears, PhD	Dr. Arthur Agatston, MD	Dr. ATW Simeons,

	MD -Eric Kossoff, MD -Joanne L. Salvin, PhD, RD -Elizabeth J. Parks, PhD -Dallas G. Hoover, PhD			
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