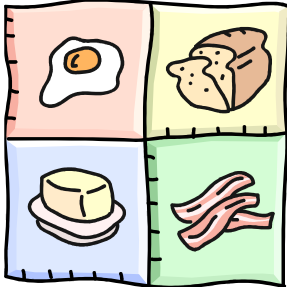






FAD DIET COMPARISON CHART

NAME OF DIET	WHAT IT IS	HOW IT WORKS	PROS	CONS	QUESTIONS
Dr. Atkins' NEW Diet Revolution AND Protein Power 	An extreme deprivation of carbohydrate containing foods (limiting to 20-90 grams/day), coupled with an unlimited allowance of meats / fish / poultry and fats.	Although the dieter is allowed to eat unlimited calories of protein and fat, in all actuality, they are successfully self-limiting their calorie intake to 1,200 – 1,700 calories per day.	The elimination of simple sugars, and a drastic drop in carbohydrate consumption can bring about an immediate reduction in circulating glucose. In terms of empty-calorie, high-sugar foods and glutton-sized portions of potatoes, pasta and pretzels, this is a positive awareness.	Heart disease due to the diet being so high in saturated fat. Cancer due to constipation and low fiber. Osteoporosis, gout, kidney stones, orthostatic hypotension, likelihood of rising blood pressure. Impossible long-term compliance.	<i>“Knowing that the Atkins ketogenic metabolic advantage is only 45 calories per day, is it still worth the extreme diet regimen, constant annoying keto-breath, and known health risks?”</i>
The Carbohydrate Addict's Diet 	A low carbohydrate diet all day, except for a single, one-hour “reward” meal, which must be balanced. The reward meal must last no longer than one hour and must begin with a tossed salad.	Calories are effectively limited by 1) avoiding carbohydrates at every meal except one; 2) reward meal lasts only 45 minutes; 3) requiring every serving of starch or sweet to be eaten in conjunction with a vegetable and protein.	People who have been overeating fat-free pretzels, bagels, jelly beans, etc., view these calorie-rich foods with new respect.	Fruit and fiber intake suffers, as well as compromised intakes of numerous vitamins, minerals and phytochemicals.	<i>“Can you really live the rest of your life, never having any fruit for breakfast, lunch or a snack?”</i> <i>“How long can you make it never having cereal, pancakes, toast, or sandwiches?”</i>


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<p>Sugar Busters!</p> 	<p>Elimination of carbohydrates that cause an intense insulin secretion, i.e., potatoes, corn, white rice, refined flour, breads, beets, carrots, and of course, refined sugar, corn syrup, molasses, honey, sugared colas, and beer. Specifies to eat fruit alone.</p>	<p>Cutting out sugars and high glyceimic carbohydrates successfully cuts calorie intake for most people, prompting weight loss.</p>	<p>To this book's merit, I have witnessed readers tossing their jellybeans and entire box-size servings of Snackwell's® cookies, opting for whole-wheat pasta and brown rice for the first time in their lives.</p>	<p>The inaccuracies are troubling. The strict avoidance of all sweet foods is unnecessary, since moderate consumption of sugar does not compromise blood sugar control. Recommend well-researched books like <i>Syndrome X</i> by Gerald Reaven, MD and <i>The Glucose Revolution</i> by Thomas Wolever, MD, PhD, et al. regarding practical applications of the glycemic index.</p>	<p><i>"The book tells you not to eat carrots. Do you really think carrots are causing diabetes and obesity in the world today?"</i></p>

<p>Enter the Zone</p> 	<p>Sears bases his book on eating six small meals per day of low-glycemic carbohydrates, balanced with a protein via the combination of 40% carbohydrate, 30% fat, 30% protein. (40/30/30).</p>	<p>This diet reduces carbohydrate intake and therefore calories (to roughly 1,400 calories), thus prompting weight loss.</p>	<p>It is very much like the recommended diet for hypoglycemia. The heightened awareness of the health threats of high-glycemic index carbohydrates eliciting higher insulin levels is important and well documented. 30% of calories from protein becomes dangerously high for diets over 2,200 calories.</p>	<p>Low in fiber and marginal in some nutrients. Gross mis-application of the glycemic index (portraying carrots, orange juice, bagels, bananas, rice, potatoes, lima beans and pasta as dangerous foods). See recommended books above.</p>	<p><i>“The quantity of carrots required for the GI test is 50 grams of carbohydrate, otherwise 1.5 pounds of carrots. Even with a glycemic index of 95, a normal serving of carrots would contribute only a small rise in blood sugar. When a book overlooks this practical application, does it make you wonder about its accuracy overall?”</i></p>
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<p>Suzanne Somers’ Eat Great, Lose Weight and Get Skinny on Fabulous Food</p>	<p>A unique blend of two diets: low carb, high protein, mixed with food combining. This allows carbohydrates to be eaten, however never at the same time in which proteins are consumed. Based on the premise that proteins and carbohydrates digest at different rates.</p>	<p>Follow Suzanne’s 7 Steps: 1) eliminate all funky foods [i.e., sweets, alcohol, caffeine and starchy foods and calories are successfully “self-limited”]; 2) Eat fruit alone on an empty stomach; 3) eat pro / fats with veggies; 4) eat carbos with veggies; 5) keep pro / fats separate from carbos; 6) wait three hours between meals; 7) Do not skip meals.</p>	<p>Eliminating all sugars and high calorie starches while eating low calorie vegetables a minimum of twice a day, can effectively drop a person’s calorie intake by almost one half, and may provide blood sugar improvement for people with diabetes.</p>	<p>Food combining is not based on scientific fact. Saturated fats are described as good for your heart and are not limited. Erratic blood sugars could arise for people with diabetes, since meals can range from 5 grams of carbohydrate at one meal, to 100 grams at another. The glycemic index is once again, misinterpreted to portray healthy foods as dangerous.</p>	<p><i>“If the human stomach was not designed to digest carbohydrates and proteins at the same time, why then are there so many mixed carb/pro foods in nature like pinto beans, kidney beans, garbanzo beans and milk?”</i></p>

<p>Body For Life</p> 	<p>A motivating, 12-week “transformation challenge”. A simple eating plan with specific aerobic and resistance exercises.</p>	<p>Eat 6 small meals a day every 2-3 hours, eat a portion of protein and carbs with each meal, add a portion of veggies, at least 2 meals daily. Drink 10 cups of water. Use performance nutrition shakes if necessary if you are consuming optimum levels (which he just happens to sell).</p>	<ul style="list-style-type: none"> • A+ for inspiring 12-week “transformation” stories from what appears to be “real people” like you and me. • A+ instructional exercise, specifically illustrated resistance exercises. • A realistic and motivating plan for both aerobic and resistance exercise. 	<ul style="list-style-type: none"> • D+ over-simplified eating instructions. • Too high in protein. • Only 20 pages on what/how to eat. 	<p><i>“Excellent motivation and instruction to exercise, with easy to grasp instructions for eating right, but isn’t eating a serving of protein the size of the palm of your hand for 6 meals a day be a bit much??”</i></p>
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<p>The South Beach Diet</p> 	<p>A low-fat Atkins, with just enough carbohydrates to prevent ketosis. Two weeks of NO bread, rice, potatoes, pasta, fruit, candy, cake, cookies, ice cream, or sugar, followed by a gradual “add back” of fruits and grains. Claims to “turn off” the switch inside you that made you overweight. After two weeks you slowly add back fruits and starches until you start gaining weight- “now you know your personal limit”.</p>	<p>By eliminating carbs and fats (allowing only protein) calories are naturally decreased to between 1,100-1,500. During the “add back” phase 2 and 3, in theory, calorie intake should increase from phase to phase. However...according to his sample menus: The first phase is no more effective at weight loss than the 2nd and 3rd phase. Why? Proteins decrease while carbs increase...all phases range 1,100-1,500 calories.</p>	<ul style="list-style-type: none"> • Lots of vegetables (breakfast even!) • People “GET” the dangers of sugars/carbohydrates. (Insulin resistance, high triglycerides, excess calories) • An exposé on the AHA step 2 diet which provides little carbohydrate control. • People “GET” a new handle on controlling carbohydrates. 	<p>8-14 lbs. weight loss promised in the first 2 weeks is completely false. (His own study reported on page 37 provided only 13.7 lbs. lost after 12 wks) Incorrectly uses the glycemic index to exclude healthful foods like carrots, beets, watermelon, and bananas. (see The Zone above) Promotes “pendulum swing” of denying/ binging. Persistent use of artificial sweeteners. Some days saturated fat intake is 40 gms! (cheese daily)</p>	<p><i>Can we get to moderate consumption of sweets and starches without having to swing all the way to nothing for two weeks first? Does the value of this first two weeks outweigh the pendulum swing so common to denying/binging? Getting yourself to a “moderate” lifestyle that you can live with is the goal. How do you want to get there?</i></p>
<p>OVERALL STATEMENT to the above mentioned FAD DIETS</p>	<p>Whether the gimmick is low carb or food combining, it’s just a temporary (Bandaid) gimmick to trick you into eating less calories.</p>	<p>If you can’t do the diet for life, you’ll just gain the weight back. If it compromises your health, is that something you’re willing to risk?</p>	<p>WHAT WE CAN LEARN-Protein does play an important role in blood sugar control and satiety. Emphasize protein for meals typically short of protein = breakfast and snacks. Use the glycemic index appropriately for smart carb selection and portions is KING.</p>	<p>The RIGHT DIET: Must identify and “fix the lifestyle habits that put weight on”- 1) Eating on the RUN 2) Super-size portions 3) Emotional eating 4) Excess calories via unhealthy carbs, fats AND 5) Lack of consistent physical activity.</p>	<p>HIGHLY RECOMMENDED Grocery List, Menus Fast and easy recipes Balanced in portions, protein, carbs and fat www.Zonya.com</p>