

# A Closer Look at Fad Diets



Let's explore the various fad diets and how they differ from the United States Department of Agriculture's MyPlate.

None of these fad diets are supported by published scientific research and are in fact pseudoscience.

Fad Diet	The Claims	Pros	Cons
<b>Negative Calorie Diet</b>	Wants you to eat 'negative calorie' foods that will cost more to digest than they yield in nutrients.	Consists of a good amount vegetables, white meat and fruits.	No dairy or grains allowed. Only certain vegetables are allowed.
<b>Eat Right 4 Your Type Diet</b>	Wants you to eat according to which blood type you are. Claims that food-based lectins will cause a reaction in the body that lead to health problems.	Type O: Hunter-gatherer diet and avoid grains. Type A: Vegetarian diet. Type B: More varied with meat and dairy products. Type AB: Can eat both type A and type B diets.	Eliminates certain food groups depending on person's blood type. Any health benefits found due to this diet was not linked to the person's blood type.
<b>Atkins' Diet</b>	Wants you to exclude carbohydrates from your diet because excess carbohydrates are converted to body fat.	It is designed simply. It cuts out carbohydrates.	Increased meat and fat consumption while limiting vegetables and fruits in order to avoid carbohydrates.
<b>South Beach Diet</b>	Wants you to avoid foods high in carbohydrates that increase blood sugar too quickly and cause food cravings and more hunger.	Claims that it is not low carb, no calorie counting and no sacrifices.	It contradicts all these claims in its step-by-step guide and is based on a still developing science. Limits carbohydrates.
<b>The Zone Diet</b>	Wants you to have a balance between carbohydrates and proteins using a block system.	2/3 fruits and vegetables and 1/3 low fat protein	On lower side for carbohydrates, doesn't give dairy and grains separate attention but is not excluded from diet.
<b>Dean Ornish Life Choice</b>	Wants you to divide food into unrestricted, moderation and avoid categories.	Completely vegetarian, almost vegan diet.	Less than 10% of calories from fat, limits protein and dairy.
<b>Weight Watchers</b>	Wants you to eat a certain amount of points based on your weight.	1 Weight watcher point = 50 calories or 12 grams of fat	Emphasizes calorie amount and portion control instead of from what source calories are coming from.
<b>Paleo Diet</b>	Wants you to eat like hunter-gatherer ancestors.	All lean meats, fish, seafood, fruits and non-starchy vegetables.	Completely avoids legumes, cereals and dairy products.
<b>Wheat Belly Diet</b>	Wants you to avoid wheat because its hybridization and genetic alterations are supposed to be linked to obesity.	Also supports eliminating other carbohydrate-rich foods.	Completely eliminates wheat from the grain section.