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Title: If you want to get a head start on this, start hating the Shangri-La diet.(SOURCE)(DAILY QUIRK)

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I used to buy a low-carb bagel; it weighed about six pounds, had to be cut with a band saw and contained all sorts of non-carby things. Chicken grit, whole-grain pumice, post-consumer recycled kapok, who knows what else. I loved them, so naturally the company stopped making them. Why? Because clinical studies showed that the body was incapable of digesting these things, and had to be removed surgically? No. Because the low-carb fad is over. Done. Dead. Carbs are in again! Pour yourself a big bowl of Lucky Charms and add some pasta! Wash it down with a mug of Mrs. Butterworth's!

This will be good news for most, since the low-carb diet irritated some people beyond measure. It just annoyed them. Perhaps it was the counter-intuitive nature of the diet - bread was bad, but a 6-foot-diameter pepperoni log was A-OK. Perhaps it was the sudden profusion of low-carb products aimed at desperate faddists. There were low-carb steak sauces, for example. Normal steak sauce: 4 carbs. Low-carb steak sauces: 3 carbs. No one ever put on a pair of pants, felt the waistband bite and thought: I gotta cut down on the steak sauce. So what killed the diet? Well, the South Beach Diet - you eat only the items left on the plate by Miami-based fashion models who lost their appetite after two lines - had hipper graphics. Price gouging by Atkins didn't help either. One bar of Splenda-infused sawdust? That'll be \$19. In the end, though, most people simply couldn't see the point of living if it doesn't involve pancakes and French fries. Period. Next popular diet: the High Fructose Corn-Syrup Diet. You rub it on your skin. You're too busy scraping off the yellow jackets to eat.

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