

S-9.1. Evaluate these diets

Diet #1: 500 cal/day for 3 weeks

For 2 days before starting the diet, gorge on fatty foods to fill fat cells to capacity.

Breakfast: Chamomile tea in any amount. Saccharine or stevia may be used for sweetening.

Lunch: 100 grams of veal, beef, chicken breast, fresh white fish, lobster, crab, or shrimp. All visible fat must be carefully removed before cooking, and the meat must be weighed raw. It must be boiled or grilled without additional fat.

One vegetable from this list: spinach, chard, chicory, beet-greens, green salad, tomatoes, celery, fennel, onions, red radishes, cucumbers, asparagus, cabbage.

One breadstick or one Melba toast.

An apple or a handful of strawberries or one-half grapefruit.

Dinner: Same 4 choices as lunch.

After 3 weeks very gradually add starch in small quantities, always controlled by morning weighing.

Diet #2: *Eat whatever you want and all you want, every other day. On alternate days eat:*

Breakfast: 12 oz caffeinated diet soda

Lunch: 1 can liquid meal replacement.

Dinner: 2 cups lettuce salad; 3 oz broiled fish; Juice from 1 lemon to season salad and fish and to help burn fat.

Throughout the day: ≥ 10 c ice water.

Diet #3: *Burn fat quickly, and flush your system of impurities. Use this 7-day diet plan as often as you want.*

Any day: Eat as much cabbage soup as you want whenever you are hungry.

Cabbage soup includes cabbage, onion, green peppers, celery, canned tomatoes and tomato puree, bouillon cubes.

Day 1: Eat melons and cantaloupe, and any other fruit. No banana

Day 2: Eat as much fresh raw or cooked vegetables as you want. You may eat 1 large baked potato. No peas, corn and dry beans.

Day 3: Eat fruit and vegetables as on Days 1 and 2, except no potato.

Day 4: Eat as many bananas as you want, and 4 cups of skim milk.

Day 5: Eat 10-20 oz of beef, chicken and/or fish. Eat 5 tomatoes. Drink 8 c of water to flush away uric acid. Eat all the vegetables you want.

Day 6: Eat as much beef, chicken, fish and vegetables as you want. No potato.

Day 7: Stuff yourself with brown rice, unsweetened fruit juices and vegetables.

Diet #4: *Raw food (never heated above 118° F or 42° C) is healthier because the enzymes in the food are still alive, allowing you to extract energy from food more efficiently. Also, food no longer rots in your gut, so you can receive greater nutrition while eating less food.*

Breakfast: Fresh fruit, coconut milk, flax meal (banana, apple, flax seed, almond milk and cinnamon) topped with germinated nuts.

Lunch: Smoothie made of goji berries, maca, bee pollen, spinach, and herbal tea; wheatgrass juice; home-made sunflower seed cheese or pate on cucumber, coleslaw with avocado.

Dinner: Avocado/carrot soup, Thai lettuce wraps, tomato juice

Drinks: Pure water: almond milk; fresh cabbage, spinach, or carrot juice; smoothies made with coconut milk and strawberries and/or bananas

Evaluate the diets by applying insights from lectures and readings on Chapter 9 and previous chapters.

	Diet #1	Diet #2	Diet #3	Diet #4
Would someone be likely to lose weight by following this diet?				
If yes, why would it work? (a) Is there a sound scientific principle at work? (b) Would this diet reduce calorie intake?)	a. b.	a. b.	a. b.	a. b.
What, if any, nutritional problems might be associated with this diet?				
Rate the diet overall, in terms of (a) Probability of successful (i.e. permanent) weight loss (b) Long-term nutritional health (c) Use of ordinary foods	a. b. c.	a. b. c.	a. b. c.	a. b. c.
If you know someone who tried a diet like this, how successful were they in maintaining the weight loss?				

What is the “bottom line” about the safety and efficacy of fad diets? _____