



Popular Fad Diets

Diets	Examples	Characteristics
High Protein/ High Fat/ Low Carbohydrate	Atkins, 40-30-30, Sugar Busters, Dr. Stillman's, Scarsdale	These diets promote high-protein foods and restrict sources of carbohydrates including fruits, vegetables, breads, cereals and sometimes milk and milk products.
One-Food Diets	Rice, Cabbage Soup Diet, Grapefruit, Banana, Yogurt	These diets encourage "all you can eat" of one or several foods while restricting many others.
Bizarre Diets	HGG, Anti-Cellulite, Fructose, Last Chance, Liquid Diets	Any odd or unusual diet belongs to this group. The proponents of these diets make unsupported claims concerning the rationale behind the weight loss that might occur.
Diet Pills, Diuretics, Laxatives		These drugs are purported to stimulate weight loss, with or without dieting. Diet pills generally contain mild stimulants, such as caffeine, to suppress the appetite (and to increase the rate of bowel movements). Diuretics cause water loss, which reduces body weight but not body fat. Some

		products may contain ephedra (ephedrine) or ma huang, a stimulant that has been associated with serious consequences, even death. The FDA has requested that these products be removed from the market, but several still exist. These products should be avoided, as they may cause serious damage.
--	--	--

Source: Indiana 4-H and USDA Leader/Helper's Guide for Foods Curriculum

University of Arkansas, United States Department of Agriculture, County Governments Cooperating

The Arkansas Cooperative Extension Service offers its Programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.