**Fad Diet Project**

It seems like every few months a new diet is proposed that is supposed to “really work,” *unlike those other diets.* You are to write a magazine article defining the fad diet of your choice, list the pros & cons of the diet, describe a typical week of meals (with pictures), list the nutritional values of each meal, and describe the consequences of being on the diet long term.

Fad Diet Partial List:

* South Beach
* Fat Flush
* Zone
* HCG
* Weight Watchers
* Atkins
* Hollywood
* Jenny Craig
* Find full list: <http://www.everydiet.org/diets.htm>

Magazine Article Components

* Definition
* Pros & Cons of diet
* Typical Week Meals
* Nutritional Values of Meals ([www.Fitday.com](http://www.Fitday.com))
* Consequences of the diet over the long term
* ![C:\Users\Jonathan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\PMEFI8LF\MC900023463[1].wmf]()Personal Opinion