

# FAD REDUCTION DIET CHART

ELIMINATES OR LIMITS ONE OR MORE  
OF THE BASIC FOUR FOOD GROUPS

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DIET	DAILY DIET PROGRAM OR CLAIM	COMMENTS
<b>1. ONE FOOD EMPHASIS</b>		
Bananas and Milk Diet. . . . .	6 bananas and 4 glasses skim milk. . . . .	Inadequate protein and iron Eliminates the Meat & Meat Alternates Group Eliminates the Bread & Cereal Group
Grapefruit Diet. . . . .	Grapefruit have a "fat mobilizing substance"	Inadequate protein, vitamins, minerals, essential fatty acids
"Fake" Mayo Diet . . . . .	Grapefruit have acid and enzymes to "burn" body fat Bacon and eggs are also included	Inadequate calcium, high saturated fat and cholesterol content Eliminates the Milk Group Eliminates the Bread & Cereal Group
<b>2. PROMISES UNUSUALLY RAPID WEIGHT LOSS</b>		
Nine-Day Wonder Diet . . . . .	You will lose nine pounds in nine days . . .	Inadequate protein, calcium and iron Calories severely limited Eliminates the Milk Group Limits the Bread & Cereal Group Safe rate of weight loss is 1 to 2 pounds per week
<b>3. LIMITS ONE NUTRIENT</b>		
The Drinking Man's Diet or The Air Force Diet The Doctor's Quick Weight Loss Diet (Dr. Stillman) The Low-Carbohydrate Diet (Dr. C. Fredericks)	Unlimited amounts of lean meat, poultry and seafood as well as eggs and low-fat cheeses	Low-carbohydrate; Moderate fat Alcohol is high in calories and has little nutritive value Eliminates the Bread & Cereal Group Limits the Fruit & Vegetable Group
Diet Revolution (Dr. Atkin). . . . .	Cutting out carbohydrates triggers the secretion of a "fat-mobilizing hormone"	Low-carbohydrate; Liberal-fat Health Risks: (1) High fat levels in blood; (2) Fatigue; (3) Dizziness; (4) Excess loss of body water; (5) Inadequate energy to unborn infant if pregnant; (6) Ketoacidosis; (7) Inadequate vitamin C Unlimited amount of fat Eliminates the Bread & Cereal Group Limits the Fruit & Vegetable Group

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