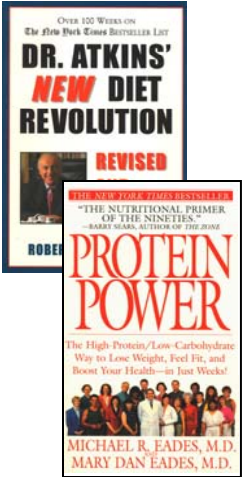
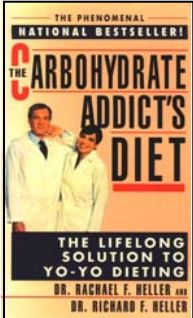
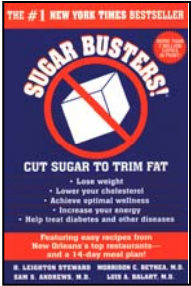
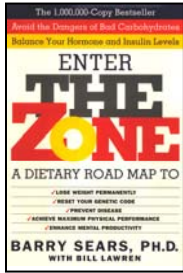
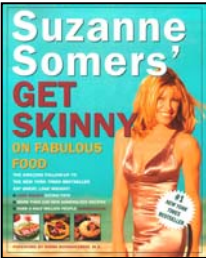
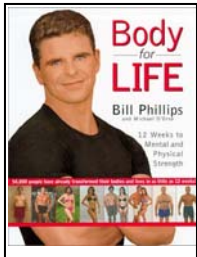
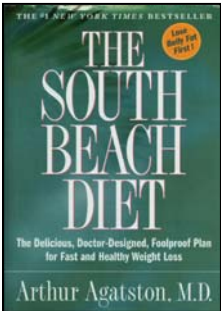
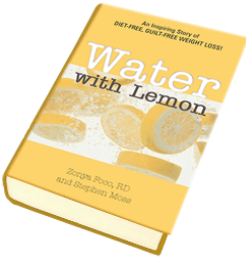


ZONYA'S DIET COMPARISON CHART

NAME OF DIET	WHAT IT IS	HOW IT WORKS	PROS	CONS	QUESTIONS
Dr. Atkins' NEW Diet Revolution AND Protein Power 	An extreme deprivation of carbohydrate-containing foods (limiting to 20 to 90 grams per day), coupled with an unlimited allowance of meats, fish, poultry, and fats. Claims that although you can eat 3,000 plus calories/day, that ketosis “melts” the fat off your body, and the excess calories go unused.	Although the dieter is allowed to eat unlimited calories of protein and fat, in all actuality, they are successfully self-limiting their calorie intake to 1,200 to 1,700 calories per day. Claims about ketosis burning 700 -900 calories per day are grossly exaggerated. Science confirms that the calorie benefit from ketosis is only 45 calories per day.	The elimination of simple sugars and a drastic drop in carbohydrate consumption can bring about an immediate reduction in circulating glucose. In terms of reducing empty-calorie, high-sugar foods and glutton-sized portions of potatoes, pasta and pretzels in one's diet, this is a positive.	Increased heart disease risk due to high saturated fat. Higher cancer risk due to constipation and low fiber. Increased risks of osteoporosis, gout, kidney stones, orthostatic hypotension, and high blood pressure. Horrible breath due to unnecessary ketosis. Impossible to comply with long-term.	<i>“Knowing that the Atkins ketogenic metabolic advantage is only 45 calories per day, is it still worth the extreme diet regimen, horrible breath, and known health risks?”</i>
The Carbohydrate Addict's Diet 	A low-carbohydrate diet all day, except for a single, 1-hour “reward” meal, which must 1) begin with a salad and 2) include a balance of protein, starch and vegetable.	Calories are effectively limited by 1) avoiding carbs at every meal except one; 2) reward meal lasts only 1 hour and always begins with a salad and 3) requiring every starch or sweet to be eaten with a serving of vegetable & protein.	People who have been overeating fat-free pretzels, bagels, jelly beans, etc., view these calorie-rich foods with new respect. The “rules” do effectively limit calorie intake, as long as you can follow and live within “the rules”.	Since you can only eat fruit and whole grains during the one hour reward meal, one is not likely to get in the recommended 3 fruits and 4 whole grains per day. So fiber intake is compromised, as well as numerous vitamins, minerals, and phytochemicals.	<i>“Can you really live the rest of your life, never having any fruit for breakfast, lunch, or a snack?”</i> <i>“How long can you make it never having cereal, pancakes, toast, or sandwiches?”</i>

NAME OF DIET	WHAT IT IS	HOW IT WORKS	PROS	CONS	QUESTIONS
<p>Sugar Busters!</p> 	<p>An elimination of carbohydrates that cause an intense insulin secretion, i.e., potatoes, corn, white rice, refined flour, breads, beets, carrots, and of course, refined sugar, corn syrup, molasses, honey, sugared colas, and beer. Specifies to eat fruit alone.</p>	<p>Cutting out sugars and high glycemic starchy foods successfully cuts calorie intake for most people, prompting weight loss.</p>	<p>To this book's merit, I have witnessed readers tossing their jellybeans and entire box-size servings of Snackwell's® cookies, opting for whole-wheat pasta and brown rice for the first time in their lives.</p>	<p>The inaccuracies are troubling. The strict avoidance of all sweet foods is unnecessary, since moderate consumption of sugar does not compromise blood sugar control. Recommend well-researched books like <i>Syndrome X</i> by Reaven and <i>The Glucose Revolution</i> by Wolever, et al. regarding practical applications of the glycemic index.</p>	<p><i>“The book tells you not to eat carrots. Do you really think carrots are causing diabetes and obesity in the world today?”</i></p>
<p>Enter the Zone</p> 	<p>Sears bases his book on eating six small meals per day of low-glycemic carbohydrates, balanced with a protein via the combination of 40% carbohydrate, 30% fat, 30% protein. (40/30/30).</p>	<p>This diet reduces carbohydrate intake and therefore calories (to roughly 1,400 calories a day), thus prompting weight loss.</p>	<p>It is very much like the recommended diet for hypoglycemia. The heightened awareness of the health threats of high-glycemic index carbohydrates eliciting higher insulin levels is important. 30% of calories from protein becomes dangerously high for diets over 2,200 calories.</p>	<p>Low in fiber and marginal in some nutrients. Gross mis-application of the glycemic index (portraying carrots, orange juice, bagels, bananas, rice, potatoes, lima beans and pasta as dangerous foods). See recommended books above.</p>	<p><i>“The quantity of carrots required for the GI test is 50 grams of carbohydrate, otherwise 1.5 pounds of carrots. Even with a glycemic index of 95, a normal serving of carrots would contribute only a small rise in blood sugar. When a book overlooks this practical application, does it make you wonder about its accuracy overall?”</i></p>

NAME OF DIET	WHAT IT IS	HOW IT WORKS	PROS	CONS	QUESTIONS
<p>Suzanne Somers' Eat Great, Lose Weight and Get Skinny on Fabulous Food</p> 	<p>A unique blend of two diets: low carb, high protein, mixed with food combining. This allows carbohydrates to be eaten, however never at the same time that proteins are consumed. Based on the premise that proteins and carbohydrates digest at different rates.</p>	<p>Follow Suzanne's 7 Steps: 1) eliminate all funky foods (i.e., sweets, alcohol, caffeine starches) and calories are "self-limited"; 2) eat fruit alone on an empty stomach; 3) eat protein and fats with veggies; 4) eat carbs with veggies; 5) keep protein and fats separate from carbs; 6) wait 3 hours between meals; 7) Do not skip meals.</p>	<p>Eliminating all sugars and high calorie starches, while eating low calorie vegetables a minimum of twice a day, can effectively drop a person's calorie intake by almost one half, and may provide blood sugar improvement for people with diabetes.</p>	<p>Food combining is not based on scientific fact. Saturated fats are described as good for your heart and are not limited. Erratic blood sugars could arise for people with diabetes, since meals can range from 5 grams of carbohydrate at one meal, to 100 grams at another. The glycemic index is once again misinterpreted to portray healthy foods as dangerous.</p>	<p><i>"If the human stomach was not designed to digest carbohydrates and proteins at the same time, why then are there so many mixed carb/protein foods in nature like pinto beans, kidney beans, garbanzo, beans and milk?"</i></p>
<p>Body For Life</p> 	<p>A motivating, 12-week "transformation challenge." A simple eating plan with specific aerobic and resistance exercises.</p>	<p>Eat six small meals a day every 2 to 3 hours, eat a portion of protein and carbs with each meal, add a portion of veggies to at least two meals daily. Drink 10 cups of water. Use performance nutrition shakes if necessary (which he just happens to sell).</p>	<ul style="list-style-type: none"> ● A+ for inspiring 12-week "transformation" stories from what appears to be "real people" like you and me. ● A+ instructional exercise, specifically illustrated resistance exercises. ● A realistic and motivating plan for both aerobic and resistance exercise. 	<ul style="list-style-type: none"> ● D+ over-simplified eating instructions. ● Too high in protein. ● Only 20 pages on what and how to eat. 	<p><i>"Excellent motivation and instruction to exercise, with easy-to-grasp instructions for eating right, but isn't eating a serving of protein the size of the palm of your hand for six meals a day be a bit much??"</i></p>

NAME OF DIET	WHAT IT IS	HOW IT WORKS	PROS	CONS	QUESTIONS
<p>The South Beach Diet</p> 	<p>A low-fat Atkins, with just enough carbohydrates to prevent ketosis. Two weeks of NO bread, rice, potatoes, pasta, fruit, candy, cake, cookies, ice cream, or sugar, followed by a gradual “add back” of fruits and grains. Claims to “turn off” the switch inside you that made you overweight. After 2 weeks, you slowly add back fruits and starches until you start gaining weight—“now you know your personal limit.”</p>	<p>By eliminating carbs and fats (allowing only protein) calories are naturally decreased to between 1,100-1,500.</p> <p>During the “add back” phase 2 and 3, in theory, calorie intake should increase from phase to phase. However...according to outside nutrition analysis of the menus, the first phase is no more effective at weight loss than the 2nd and 3rd phase. (Calories are the same.)</p>	<ul style="list-style-type: none"> • Lots of vegetables (breakfast even!) • People “GET” the dangers of sugars/carbohydrates. (Insulin resistance, high triglycerides, excess calories) • An exposé on the AHA step 2 diet which provides little carbohydrate control. • People “GET” a new handle on controlling carbohydrates. 	<p>8 to 14 lbs. weight loss promised in the first 2 weeks is completely false. (His own study reported on page 37 provided only 13.7 lbs. lost after 12 weeks.) Incorrectly uses the glycemic index to exclude healthful foods like carrots, beets, watermelon, and bananas. Promotes “pendulum swing” of denying/ binging. Much use of artificial sweeteners. Some day’s saturated fat intake is 40 grams! (cheese daily)</p>	<p><i>Can we get to moderate consumption of sweets and starches without having to swing all the way to nothing for 2 weeks first?</i></p> <p><i>Does the value of this first 2 weeks outweigh the pendulum swing so common to denying/bingeing?</i></p> <p><i>Getting yourself to a “moderate” lifestyle that you can live with is the goal. How do you want to get there?</i></p>
<p>Water with Lemon: Diet-Free, Guilt-Free Weight Loss</p> 	<p>Nutritionist meets novelist creating a new genre – a weight-loss novel. It’s a page-turning story of personal transformation that teaches you how to lose weight and keep it off — without dieting or feeling guilty — through the Power of One Good Habit.</p>	<p>Replaces cumbersome number counting with 8 simple, core lifestyle HABITS that become who you are and work as an invisible force for managing weight the rest of your life. <i>Water with Lemon</i> provides the action plan for turning knowing into doing.</p>	<p>Ends the on/off diet mentality by modeling a new mindset through the actions of characters that we can all relate to. Readers walk away with the knowledge and inspiration to conquer their own weight struggles in a way no previous book has ever delivered.</p>		<p>For the Weigh you Want to Live!</p> <p>Read the first few chapters at: <i>WaterWithLemon.com</i></p>