

Pros and Cons of Popular Weight Loss Programs

Popular Diets	Pro	Cons
Canada's Food Guide	<ul style="list-style-type: none"> • Slow and steady weight loss • Low saturated fats and dairy • Eating in accordance with the food pyramid • Good weight maintenance • Recommended for weight maintenance 	<ul style="list-style-type: none"> • Exercise 30-60 minutes, seven days a week • Without exercise can lead to weight gain • High sodium intake (~2300mg/day) • Slow weight loss
Jenny Craig's Diet	<ul style="list-style-type: none"> • Low-calorie intake (1000-1200 calories/day) • Ideally a well-balanced diet 	<ul style="list-style-type: none"> • Food is expensive
South Beach Diet	<ul style="list-style-type: none"> • Similar to the Atkins Diet • Low-fat intake (especially saturated fats) • Low carb (60-80 grams/day) 	<ul style="list-style-type: none"> • Caffeine not recommended • Limited intake of meats with high contents of saturated fats
Mediterranean Diet	<ul style="list-style-type: none"> • Lowers risk of cancer and heart disease • Full of fruits, vegetables and monounsaturated fats 	<ul style="list-style-type: none"> • Not recommended for weight loss • Exercise \geq 45 minutes, seven days a week • A relaxed and low stress lifestyle is needed
Dr. Bernsteins' Diet	<ul style="list-style-type: none"> • Very low calorie intake (800-900 calories/day) • Rapid weight loss 	<ul style="list-style-type: none"> • B6 and B12 injections 3 times a week • Low in all food groups and lacks all the essential ingredients for a healthy diet • Muscle wasting-low protein • Weight is easily regained
Dr. Atkins' Diet	<ul style="list-style-type: none"> • Low-calorie and high-fat intake • Good for weight loss • Lowers triglyceride 	<ul style="list-style-type: none"> • High intake of saturated fats • Can lead to high cholesterol (especially LDL) • High in salt
Weight Watchers	<ul style="list-style-type: none"> • Point system- allows one to eat any from any food group while still restricting the intake of calories (\leq 1200 calories/day) • Low-fat, high-fibre intake 	<ul style="list-style-type: none"> • Can lead to muscle wasting due to an imbalance of essential nutrients • Slow weight loss • Total amount of points must be lowered in order to continually lose weight • Some of the weight is regained • Additives make their food products are unhealthy
The Zone Diet	<ul style="list-style-type: none"> • Low carbohydrate (carbohydrates are 40% of the daily caloric intake) • Protein and fat are 60% of the daily caloric intake • Good for weight maintenance • Good for weight maintenance 	<ul style="list-style-type: none"> • Hard to lose weight