**Nutrition for Weight Loss: What You Need to Know About Fad Diets**

http://familydoctor.org/familydoctor/en/prevention-wellness/food-nutrition/weight-loss/nutrition-for-weight-loss-what-you-need-to-know-about-fad-diets.printerview.html

Answer the following questions using your research and the information from the site/article.

1. Compare and contrast a fad diet and other diets?
2. Select one of the common fad diets to research. Report the following:
   1. What foods are you allowed to eat?
   2. What foods are you not allowed to eat?
   3. Summarize the premise of the fad diet in one or two sentences.
3. The article states, “People who use fad diets usually end up gaining back any weight that they initially lost.” Think about this and hypothesize why you think that is true.
4. List two ways you would recognize a fad diet.
5. In your opinion, should the government regulate fad diet claims? Should they be labeled as a “fad”? Explain your answer.