

Fad Diets

Type of Diet	Total calories	Fat	Carbohydrate	Protein	Nutrition Adequacy
Typical American Diet	2200	35% ~85 g	50% ~275 g	15% ~82.5 g	Is adequate in most nutrients for majority of individuals.
High Fat Low-Carbohydrate Diet Atkins Diet Zone Diet Sugar Busters Protein Power	1414	60% ~96 g	10% ~35 g	30% ~105 g	Low in several nutrients: Vitamin A, B6, D, E, Thiamin, Folate, Calcium, Magnesium, Iron, Zinc, Potassium and Dietary Fiber. Contains excess amounts of total fat, saturated fat, and dietary cholesterol. Supplementation is highly recommended.
Moderate Fat Diet DASH Diet American Diabetic Association Weight Watchers Jenny Craig	1450	25% ~40 g	60% ~218 g	15% ~54 g	Usually a nutritionally balanced eating plan assuming the dieter eats a variety of foods from all food categories. However, limiting certain food categories can lead to deficiencies in nutrients especially Calcium, Zinc, and Iron.
Low fat and Very Low Fat Diets Volumetrics Dean Ornish's Eat More, Weigh Less New Pritikin Program	1450	13% ~20 g	70% 235-271 g	17% 54-72 g	Can be deficient in Zinc and Vitamin B12 because of infrequent meat consumption. Can be inadequate in Vitamin E, a fat-soluble vitamin found in oils, nuts and other foods rich in fat.

Reference: Freedman, M., King, J. and Kennedy, E. J of Obesity Research. 2001: Supplement 1.

