



# How to Evaluate A Diet

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**DISCUSSION**

**ABSTRACT**

**RESULTS**

Table 1 shows 6 criteria which I found to be useful as a result of studying and comparing the 3 diets.

**Table 1:** Evaluation of The Diets

Diet Title	1. Disclaimer	2. Up front Cost	3. General Cost	4. Exercise	5. Access	6. Claims	My Rank
Fat Smash	Not Health care provider Content is for educational purpose only.	Free; profile	Asks for billing address 1 month plan - \$28.90 3 months - \$58.80 12 months - \$158.35	Unclear whether required or explained	Not granted unless subscribed	Healthy and sustainable over a long term	Bad
Weight Watcher	Weight loss management and information applications and content published over the internet and is intended only to assist user in their personal weight loss efforts, weight/watchers.com is not a medical organization and the staff can not give medical advice, nothing in the website should be construed as such advice or diagnosis	Free upfront recipes and additional information	\$39.95 a month	No details or comments on exercise obtained	Website accessible without subscription	Healthy sustainable and fits your lifestyle	Okay
Denise Austin	We do not provide medical or counseling advice. Nothing stated or posted on any sites or available through any services are intended to be, and must not be taken to be, the practice of medical or counseling care.	Free, Success Plan based on individual diet goals	Denise Get Fit Kit \$19.95 plus \$4.95 shipping and handling If you are not 100% satisfied with the kit, return within 4 weeks for full refund.	Fitness work out combined with eating healthy	Additional information accessible on website, how to get fit, weight loss tools, and success stories	Fit forever, Lose weight, get fit and feel great, Trim your tummy and achieve awesome abs	Good

Based on the observations that I made, I found 6 criteria convenient to evaluate whether a diet seems potentially good or bad, that is effective or not for weight loss. Beginning with the Fat Smash diet, I will explain my rationale.

I found that I was not able to find much information about the Fat Smash Diet. In order to find out the upfront cost for the Fat Smash diet I was required to sign up for a free profile. For the Fat Smash Diet, I also had to submit a profile to receive additional information. Therefore I was not able to get any of the further information that I needed to assess the diets completely. I could not get far without paying an upfront expense. The required fees were very high and there was no mentioning of a money back guarantee. This has led me to believe that the Fat Smash Diet is not the best diet.

The Weight Watchers Diet was interesting. It offers a free profile, and additional information was assessable without subscribing to the diet. It provided recipes. However, the Weight Watcher website did not offer details on whether exercise was suggested. I have concluded that this diet is okay. A review of peer-reviewed literature found that this diet has some support, while no independent studies were found for the other diets.

In order to find out the upfront cost for the Denise Austin diet I was required to sign up for a free profile. There is additional information provided on the Denise Austin diet. I was able to read about success stories for individuals who had subscribed to Denise's workout/diet plan. According to the information available including unreliable testimonials, the Denise Austin diet appeared the most favorable diet for the following reasons:

- Affordable
- Money back guarantee (although these are often useless when tested)
- Contact information is available on website
- Reasonable diet to achieve
- Free success plan without subscription

I think that there is something worth mentioning about all of the diets and how similar the disclaimers are. Many diets require some up front fee that leads me to question whether or not the creators of the diet are just trying to sell their product to get money. It is interesting to see how much information you are able to access if one has not subscribed to a diet and what the disclaimers are for the diet. If one does not adhere to a diet, a rebound effect often occurs causing weight gain compared to one's initial weight. So it is important to select and maintain just one diet plan. You should take some of the things that I have explored in addition to your personal preference on your ideal diet in order to determine if the diet would be the best for you.

**CONCLUSION**

This study reveals how much marketing may influence one's choice of diet. When nutritional analysis of diet quality and peer-reviewed analysis of effectiveness of a diet are not conducted properly, the diet with effective but potentially deceptive marketing claims appears better. Information literacy and careful analysis are necessary to protect one's health when reviewing nutrition information.

**REFERENCES**

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**INTRODUCTION**

A method to evaluate a diet has been developed. In this exploration, the Fat Smash Diet created by Dr. Ian Smith was evaluated as the primary diet. Other diets evaluated include the Denise Austin Diet, the Bigger Loser Diet and Weight Watchers. My hypothesis is the questions I will develop will reveal that most of the diets are difficult to access, require a fee of some sort, and have at least one unfavorable element. The method was based on the knowledge about nutrition and about evaluation of websites, in addition to other observations made to assist in critiquing the diet. A list of questions of what characteristics make it favorable was developed. Furthermore, the researcher has used the information while examining the other diets to decide what one should consider when selecting a diet.

**METHODS**

In this study a method was developed for evaluating weight loss diets without using peer-reviewed sources or proper nutrition analysis. I have used comparisons between marketing claims found at the diet web sites. Furthermore I have examined the material from other diets to determine what practical considerations one might consider when selecting a diet.

