

Is This Diet Healthy?

NAME OF THE DIET: _____

Total up your yes answers and write the score, and grade for your diet. (These questions are based on the Mayo Clinic Food Guide Pyramid, and the Dietary Guidelines for Americans:

1 point for yes, leave blank for “No”

Yes or No:

- _____ 1. Does the diet include a variety of food **daily** from these parts of the Mayo Food Guide Pyramid? (breads/grains, fruits, veggies, and proteins/dairy)
- _____ 2. Does the diet program also encourage you to exercise?
- _____ 3. Does the diet include foods daily that will provide plenty of fiber such as whole-grain breads, cereals, pasta, rice, veggies, and fruit?
- _____ 4. Does the diet include the “7-a-day” rule? (eating 3 servings of fruits and 4 servings of veggies per day)
- _____ 5. Does the diet keep sugar in moderation?
- _____ 6. Does the diet include mainly foods that are low in fat or food that have mainly “good” (unsaturated or omega) fats?
- _____ 7. Does the diet keep your daily calorie total above 1200 for girls and 1500 for boys?
- _____ 8. Does the diet make sure you don’t lose more than 1-2 pounds per week?
- _____ 9. Do **YOU** consider this diet “healthy” and “balanced”?
- _____ 10. Is the diet a program that you could continue for life?
(would you realistically be able to make it a life-style change for the rest of your life?)

Total “yes” score points _____

The diet’s grade _____

Your Score: 10 A | 9 A- | 8 B | 7 C | 6 D | 5 or less F

Low Carbohydrate Diets:

- Dr. Atkins
- Sugar Busters
- Carbohydrate Addicts Diet
- The Five-Day Miracle Diet
- Protein Power
- Enter the Zone
- Endocrine Control Diet
- Healthy For Life
- The Doctor's Quick Weight Loss Diet
- Woman Doctor's Diet for Women
- Miracle Diet for Fast Weight loss
- Calories Don't Count
- Four Day Wonder Diet
- The Complete Scarsdale Medical Diet
- Paleo Diet
- The Whole 30

Low Fat Diets:

The Rice Diet Report
The Pritikin Diet
Eat More, Weigh Less
The 35+ Diet
20/30 Fat and Fiber
Fat to Muscle Diet
T-Factor Diet
Fit or Fat

Moderate Calorie Restriction Diets:

- The Setpoint Diet
- Slim Chance in a Fat World
- Weight Watcher's Diet
- Mary Ellen's Help Yourself Diet Plan
- The Beyond Diet
- Staying Thin
- The Calloway Diet
- Living Without Dieting
- Volumetrics
- Lose the Last 10 pounds
- Dieting with the Duchess
- Dieting for Dummies
- The Wedding Dress Diet
- Dr. Shapiro's Picture Perfect Diet

Very Low Calorie Diets (Under a Dr. 's Supervision):

Optifast
Cambridge Diet
HMR
Ultrafast
Thin So Fast

