Does that Diet Really Work?

For this assignment you are to choose a popular diet, like Atkins, Weight Watchers, or South Beach diets. Then evaluate these diets to determine if they are really healthy for you and actually work to lose weight and keep it off? In order to go about this, you need to include the following information in your project:

- Name of the diet you have chosen to research
- How the diet claims to work
- An assessment of this claim
  - What are the nutritional restrictions?
  - Are any major nutritional groups or organic molecules left out?
  - What is the role of any groups left out?
  - How are those biological roles being filled in their absence? (They might not be)
  - Is this diet sustainable? Why/Why not?
  - Are there any lasting side effects? What are they and why do they occur?
- Is this diet sustainable - based on your research and evidence

Create a representation of your findings and explanations (possibly in form of PSA video or a pamphlet). One great resource to help in your research is our school library! Another good place to start your project is here:


THIS PROJECT IS DUE ON: ____________________________

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<th>Max Pts</th>
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<tr>
<td>Content</td>
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<td>Contains between 5 and 8 bullets of required information</td>
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<td>Accuracy</td>
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<td>Creativity</td>
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