

## Diet Analysis

Name\_\_\_\_\_Date\_\_\_\_\_Period\_\_\_\_\_

You need to go to the website <http://health.usnews.com/best-diet/best-commercial-diets> and fill in the answer the following questions regarding four diets.

Name of Diet	The Theory
How Does it Work?	
Pros-	Cons-
How well does it conform to accepted dietary guidelines? Would you recommend this diet?	

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