

Top Ten Diet Fads

Fad diets have been in the spotlight for many years, and although the type of foods eaten and the meaning behind the diets may have changed, the end goal remains the same; to promote large amounts of weight loss in short periods of time. Here is a brief look at the top 10 fad diets of today and their claims for a rapid loss of unwanted pounds.

1. The Apple Cider Vinegar Diet

For centuries, apple cider vinegar has been used as a tonic for curing everything from migraine headaches, to fatigue, to arthritis, and of course, weight loss. This diet calls for the consumption of one to three teaspoons of apple cider vinegar before each and every meal.

2. The Blood Type Diet

While there is no real scientific evidence supporting this diet's claims, the Blood Type Diet uses, of course, a person's blood type to dictate which foods to eat. According to the diet's methodology, those with Type O blood should follow diets rich with meats and proteins, Type A dieters should follow a mostly vegetarian diet, while those with Type B blood will fare best with a diet that focuses on dairy products. Those with the rarer AB blood type are told to eat a balanced combination of both vegetables and dairy products for the best results.



3. The Cabbage Soup Diet

To follow the Cabbage Soup Diet, simply eat

cooked cabbage and water in place of all of your meals for one week to supposedly achieve 10 pounds of weight loss or more.

4. The Cereal Diet

The Cereal Diet requires dieters to replace two meals per day with a bowl of bran cereal to lose six or more pounds within a period of two weeks.

5. The Grapefruit Diet

The Grapefruit Diet allows for up to 800 calories per day, with dieters eating a grapefruit just before every meal, along with proteins and salads. While some claim it's the enzymes in the grapefruit that causes a loss of pounds, others say that it's merely the calorie restriction that causes a temporary weight loss.

6. The Hollywood Diet/the 48 Hour Miracle Diet

This diet allows for no type of foods at all, but requires the dieter to drink a specially formulated juice for two whole days that is supposed to help burn fat. This juice is said to contain the necessary vitamins, minerals, nutrients, and

antioxidants needed for sustenance and to promote weight loss.

7. The Lemonade Diet

With only 50 calories consumed per day, the Lemonade Diet does promote



weight loss, but usually as only a temporary effect that disappears as soon as the dieter begins eating real food again. Dieters must drink a mixture of only water with lemons, maple syrup, and cayenne pepper.

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8. The Liquid Diet

As the name suggests, the Liquid Diet allows for only liquids to be consumed, and only ones that contain either no, or a very low amounts of calories, such as water, tea, and coffee. Meals are replaced with liquids and dieters must consume under 100 calories per day.

9. The Russian Diet

Named for the Russian soldiers who were said to have followed this diet to stay fit, this plan requires one to have only coffee for breakfast, two eggs and one tomato for lunch, and a small piece of meat and a salad for dinner.

10. The Three Day Hot Dog Diet

This rather strange diet calls for eating hot dogs for dinner, along with a cup of vanilla ice cream and a tablespoon of peanut butter throughout the course of the day, along with a few other small bits of food to promote 10 pounds of weight loss over a period of three days.

Fad diets are out! Learn how to lose weight and keep it off without deprivation and drugs.