



Nutrition

30 FAD DIETS

1. Cabbage Soup Diet
 2. South Beach Diet
 3. Lemonade Diet
 4. Hollywood Diet
 5. Atkins
 6. Ketogenic
 7. Paleo
 8. Weight Watchers
 9. Jenny Craig
 10. The Zone
 11. Dukan
 12. 5:2
 13. Blood Type Diet
 14. Grapefruit Diet
 15. Morning Banana Diet
 16. Slim Fast
 17. Dexatrim
 18. Sensa
 19. Hydroxycut
 20. Pritikin
 21. Mediterranean Diet
 22. Volumetrics
 23. Raw Food Diet
 24. Nutrisystem
 25. 5-Bite Diet
 26. Alkaline Diet
 27. Werewolf Diet
 28. Cookie Diet
 29. Baby Food Diet
 30. Sacred Hearts Diet
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31. Pegan