



## 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