Day 5

Advertisement Evaluation Worksheet:

http://faddietsdecoded.weebly.com

Directions: Using the website listed above, please complete the information below based on the diet you are assigned. Diet: YES NO

1. Is the diet plan nutritionally complete, based on the Food Guide Pyramid? Comments:

2. Does the eating plan encourage a variety of foods? Comments:

3. Does the plan encourage lifelong changes in eating? Comments:

4. Does the eating plan also encourage regular exercise? Comments:

5. Does the plan offer practical suggestions for meal planning, shopping, preparation, and eating out? Comments:

6. Does the plan cite scientific literature, not just testimonials? Comments:

7. Is there a registered dietitian to provide a consultation? Comments:

8. Does the program encourage a medical checkup before participation? Comments:

9. Would you recommend the eating plan to a person who wanted to lose weight? Why or Why not? Comments: