# diets-that-work1

# Round Table Diet Debates

# Media and Text Links

Media links, along with textual selections, provide us with background information and sources of evidence for argumentation and debating about diets.

**General/Background**

<http://www.the-diets-that-work.com/>

Information about what distinguishes diets that work from those that don’t. Closer look at diets that work.

<http://jama.jamanetwork.com/article.aspx?articleid=200094>

The American Medical Association did a randomized trial studying the relative effectiveness of the Atkins, Weight Watchers, and Zone Diets. Unfortunately, the results weren’t very clear.

<http://time.com/3578729/diet-atkins-south-beatch-weight-watchers-or-zone/>

All diets are basically the same. Sorry.

**Atkins Diet**

<http://www.the-diets-that-work.com/atkins-diet/>
Brief background on the terms, requirements, and phases of the Atkins Diet.

<http://www.atkins.com/>

Information on the Atkins Diet from the ‘source’ – the Atkins company.

<http://www.marksdailyapple.com/fat-phobia/#axzz3Sn1zQhnk>

Atkins Diet can be a very potent cause of desired weight loss. It works better than other diets.

<http://health.usnews.com/best-diet/atkins-diet>

Studies done on the Atkins Diet seem to show that there are modest to significant weight and other health improvements, though some of the studies are mixed.

<http://www.mayoclinic.org/healthy-living/weight-loss/in-depth/atkins-diet/art-20048485>

Key to the Atkins Diet, as with every diet, is getting people to stick with it. There have been some weight loss studies documenting that it works, though there are also some health risks incurred.

<http://www.nytimes.com/2012/09/23/opinion/sunday/the-optimal-diet.html?_r=0>

Low-carb diets can be simultaneously good at producing weight loss and bad for your overall health.

<http://www.pcrm.org/media/good-medicine/2004/springsummer/the-controversy-over-dr-atkins-health>

Atkins Diet causes heart disease.

**South Beach Diet**

<http://www.southbeachdiet.com/diet/>

Information on the South Beach Diet from the ‘source’ – the South Beach Diet company.

<http://www.pbs.org/wgbh/pages/frontline/shows/diet/interviews/agatston.html>

PBS Frontline interview of South Beach Diet creator Dr. Arthur Agatston.

<http://www.webmd.com/diet/south-beach-diet-what-it-is>

South Beach Diet is very effective for weight loss.

<http://health.usnews.com/best-diet/south-beach-diet>

South Beach Diet can lead to rapid weight loss; question is, can dieters stick with it. ‘Weakly positive’ evidence that the South Beach Diet helps reduce heart disease.

<http://www.nhs.uk/livewell/loseweight/pages/top-10-most-popular-diets-review.aspx#south-beach-diet>

Weight loss on the South Beach Diet are largely unsustainable.

<http://articles.mercola.com/sites/articles/archive/2004/06/09/south-beach-part-one.aspx>

12 reasons why the South Beach Diet is ineffective and dangerous.

**Vegetarian Diet**

<http://www.nytimes.com/2012/09/23/opinion/sunday/the-optimal-diet.html?_r=0>

Vegetarian diets can be an excellent way to improve overall health.

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/vegetarian-diet/art-20046446>

Vegetarian diets are a healthy way for people to get their nutritional needs fulfilled.

<http://health.usnews.com/best-diet/vegetarian-diet>

A vegetarian diet can be a very well balanced way to lose weight and stay healthy.

[http://www.health.com/health/gallery/0,,20773419,00.html](http://www.health.com/health/gallery/0%2C%2C20773419%2C00.html)

Refutation against common counter-arguments against vegetarian diets.

<http://www.telegraph.co.uk/news/worldnews/northamerica/usa/8038801/Bill-Clintons-new-diet-nothing-but-beans-vegetables-and-fruit-to-combat-heart-disease.html>

Former President Bill Clinton is on a vegetarian diet and it’s proving its efficacy on him.

<http://chriskresser.com/why-you-should-think-twice-about-vegetarian-and-vegan-diets>

Vegetarian diets lead to dangerous vitamin deficiencies and are therefore unhealthy.

<http://atlanta.cbslocal.com/2014/04/01/study-vegetarians-less-healthy-lower-quality-of-life-than-meat-eaters/>

Study proves that vegetarianism increases risk of cancer and heart disease.

<http://www.medibid.com/blog/2012/12/why-vegetarianism-is-bad-for-your-health/>

Vegetarian diets cannot provide sufficient protein to be healthy.

<http://empoweredsustenance.com/is-vegan-healthy/>

Vegetarianism isn’t endorsed by history, and ‘you have to take life to make life.’

**Weight Watchers Diet**

<http://www.the-diets-that-work.com/weight-watchers/>

Information on the theory and practice of the Weight Watchers Diet.

<http://www.mensfitness.com/nutrition/what-to-eat/zone-right-way-do-mediterranean-diet>

A consensus of studies supports the efficacy of the Weight Watchers Diet, though it isn’t clear how much better it is than other diets.

<http://www.diet.com/g/weight-watchers>

There are many benefits to Weight Watchers. Additionally, it is the most widely endorsed and accepted diet within the medical community and among medical leaders.

<http://www.weightwatchers.com/templates/print.aspx?PageId=1064291&PrintFlag=yes&previewDate=6/7/2008>

Weight Watchers establishes a supportive community of dieters, distinguishing it from other diets, and making it more effective.

<http://health.usnews.com/best-diet/best-weight-loss-diets?int=9ff509>

US News ranked Weight Watchers the country’s best diet plan in 2014.

<https://www.drfuhrman.com/library/article4.aspx>

Weight Watchers doesn’t work and is unhealthy for several reasons.

<http://calorielab.com/news/2014/11/24/diet-comparison-atkins-weight-watchers-zone-south-beach/>

People tend to re-gain the weight they lose when on Weight Watchers or Atkins Diets.

**Zone Diet**

<http://www.the-diets-that-work.com/zone-diet/>

Specific terms, features, and requirements of the Zone Diet.

<http://www.zonediet.com/>

Information on the Zone Diet from the ‘source’ – Zone Labs, Inc.

<http://health.usnews.com/best-diet/zone-diet>

Studies have shown the Zone Diet to be moderately effective at producing weight loss, though the underlying theory (the carb/protein/fat ratio) is not scientifically validated.

<http://www.healthline.com/health/zone-diet#2>

A lot of anecdotal evidence suggests that the Zone Diet works, and that people stick to it.

<http://www.mensfitness.com/nutrition/what-to-eat/zone-right-way-do-mediterranean-diet>

Mediterranean nutritional elements make the Zone Diet more effective than other diets.

<http://www.healthyweightforum.org/eng/diets/zone_diet/>

Balanced review of the Zone Diet, though endorsing the nutritional guidelines of Zone.

<http://www.ncbi.nlm.nih.gov/pubmed/12569110?dopt=Abstract>

No scientific evidence supporting the efficacy of the Zone Diet.

<http://www.vegsource.com/attwood/zone.htm>

Zone Diet can cause heart disease.