

## COMPARISON OF 12 WEIGHT-LOSS DIETS

Based on a 1600 calorie diet per day.

	DIET	Type Of Diet	Carbo-hydrate	Protein	Total Fat	Fat: Saturated	Fat: Mono-unsaturated	Fat: Poly-unsaturated	Cholesterol	Sugar	Fiber	Sodium
1.	Atkins	High Fat & Protein	6%	35%	59%	46 gms	15 gms	42 gms	924 mg	8 gms	4 gms	
2.	Protein Power		9%	37%	54%	33 gms	22 gms	42 gms	657 mg	13 gms	11 gms	
3.	South Beach		28%	33%	39%	8 gms	18 gms	17 gms	Low	Low	Medium	
4.	Mediterranean	High Fat & Carb	40%	17%	43%	30 gms	34 gms	9 gms	159 mg	Wine 10-50 gms	High	1255 mg
5.	Sugar Busters	High Protein	40%	28%	32%	17 gms	13 gms	26 gms	280 mg	68 gms	24 gms	
6.	The Zone		40%	28%	32%	12 gms	17 gms	20 gms	264 mg	67 gms	18 gms	
7.	DASH Diet	Balanced	55%	18%	27%	11 gms	23 gms	14 gms	120 mg	Low	25 gms	2400 mg
8.	ADA	Moderate High Carb	60%	20%	20%	11 gms	11 gms	13 gms	112 mg	90 gms	22 gms	
9.	Anderson		63%	16%	21%	8 gms	16 gms	7 gms	58 mg	80 gms	28 gms	
10.	Mayo Clinic		66%	27%	13%	5 gms	8 gms	11 gms	152 mg	?	48 gms	1872 mg
11.	Pritikin	Extreme High Carb	73%	18%	9%	5 gms	6 gms	5 gms	57 mg	113 gms	41 gms	
12.	Ornish		74%	18%	7%	4 gms	5 gms	3 gms	30 mg	101 gms	49 gms	