

# Compare These Four Popular Diets



By CYNTHIA MARCOTTE

One of the quickest ways to get a lively conversation going nowadays is to bring up your favorite way to diet. Today diets run a gastronomical gamut from those dictated strictly by health problems like hypertension and diabetes to diets designed for losing weight only.

Obesity has been called one of our major health problems, so it's not surprising that a vast array of food formulas has caught the fancy of would-be size 10s. Not all of these diets offer equal food value, in spite of the claims of the many nutritional hypochondriacs who favor them.

In "Eye It, Before You Diet," Elizabeth B. Spannhake describes and evaluates nine popular diets for losing weight. Miss Spannhake discusses the basic USDA four food groups and the Required Daily Allowance (RDA) evaluation and compares them to sample diets from each weight loss plan.

The four food group plan divides foods into basic groups and gives a minimum number of servings that will be needed for a good health. The RDA looks at the nutrients supplied in the food groups. Using these as a guide, Miss Spannhake looks at each of the weight-loss diets with basic nutrition in mind.

In the "Save Your Life Diet" by David Reuben, M.D., Dr. Reuben claims that the "basic principle of this reducing diet is to normalize the functioning of the digestive system." Regardless of his claims, Miss Spannhake advises that although food and nutrient intake is nearly normal in Dr. Reuben's high roughage reducing diet, if it's followed for a long time, a calcium deficiency could arise because one meat serving is substituted for one milk serving.

## THE HIGH ROUGHAGE REDUCING DIET

### BREAKFAST

2 teaspoons bran with full glass of water  
1 raw apple  
1 ounce serving of all bran cereal  
1 slice whole wheat bread  
1 egg  
tea

### LUNCH

2 teaspoons bran with full glass of water  
2 ounces beef  
lettuce and tomato  
carrot sticks and green pepper  
1 cup strawberries  
1 teaspoon yogurt  
tea with 1 teaspoon honey and 2 teaspoon milk

### DINNER

2 teaspoon bran with full glass of water  
1 cup pea soup (milk base)

4 ounces chicken  
1 cup brown rice  
1 corn on cob  
1 cup blueberries  
1 cup popcorn (dessert)

The famed Weight Watchers' Diet, based on a food exchange system, was another diet analyzed by the nutritionist. She gives the nod to the diet saying, "All nutrients are substantially provided for in the diet." She does comment on the shift in the meat group food choices.

## WEIGHT WATCHERS' DIET

### BREAKFAST

1 cup strawberries  
1 ounce corn flakes  
1 cup skim milk  
1 cup coffee

1 slice bread

### LUNCH

2 ounces Swiss cheese  
2 medium tomatoes  
one-half cup chickory and escarole  
1-2 slices whole wheat bread  
1 teaspoon margarine  
1 cup skim milk  
1-2 cups grapes

### DINNER

6-8 ounces roast beef  
1 medium potato  
2 teaspoon margarine  
2 ounces diced carrots  
2 ounces peas  
1-2 medium peach  
1 cup coffee

As might be expected, Dr. Stillman and Sarm Baker's Quick Weight Loss Diet did not fare well with Miss Spannhake. Known popularly as the "Water Diet," the food plan takes its name from a minimum of eight glasses of water that must be consumed each day on this diet.

Dr. Stillman claims "that the burning of body fat leaves waste products that must be washed out of the system by the water." The diet pattern, says the food researcher, "shows a complete absence of food from the bread and cereal, and fruit and vegetable group and only one serving of milk is provided."

Not only are there not enough nutrients, cautions Miss Spannhake, the diet doesn't teach sound eating habits with its narrow range of food choices. There's so few calories, she goes on to say, that anyone would be likely to lose weight who could tolerate Dr. Stillman's diet.

## THE QUICK WEIGHT LOSS DIET

### BREAKFAST

2 eggs  
3 ounces hamburger meat (lean)  
coffee

### LUNCH

1 cup cottage cheese  
6 ounces chicken, broiled  
diet soft drink

### DINNER

6 ounces boiled shrimp  
2 tablespoons ketchup sauce  
6 ounces steak lean

tea

8 ten ounce glasses of water must be consumed each day.

Another Stillman-Baker brainchild, the Grapefruit Plus Diet," was developed for people who couldn't follow the "Quick Loss Diet." Stillman and Baker say that certain foods are extra efficient in "burning" accumulated fat. One-half a grapefruit or four ounces of grapefruit juice must be consumed at each meal plus unlimited amounts of salad and moderate amounts of meats.

From a health standpoint, Miss Spannhake has a big scowl for the second of the Dr. Stillman, Sarm Baker food regimens. It not only completely omits both milk

and bread and cereal groups, but, she warns, the low carbohydrates can bring on side effects as well as deficiencies in nutrients if the diet is followed for an extended time.

## THE GRAPEFRUIT PLUS DIET

### BREAKFAST

4 ounces grapefruit juice  
2 eggs—boiled  
2 slices bacon

coffee

### LUNCH

one-half grapefruit  
6 ounces chicken, broiled  
salad: 1 cup lettuce, one-half tomato  
1 tablespoon low calorie dressing  
tea

### DINNER

one-half grapefruit  
6 ounces steak (lean)

salad: 1 cup lettuce, one-half cucumber  
1 tablespoon low calorie dressing  
tea

### BEDTIME SNACK

4 ounces tomato juice

It's too bad, weight watchers, but there's no "pie in the sky," no magic potion for good health yet. It looks

like the basic four food groups plan and moderation are still the safest and surest answer to pounds aplenty.

The booklet "Eye It Before You Diet" can be ordered free of charge, from D. Buckner, P.O. Box 4546, Grand Central Station, N.Y., N.Y. 10017.

Nutritionist Eleanor Spannhake compares popular reducing diets to the basic four food groups