

Trend Diet Analysis

Assignment and Presentation

Due Date: November 19th **Worth 50 pts**

In groups of 2-3, no more than 4

Diets to choose from: Atkins, Zone, Mediterranean, South Beach, Paleo, other (chosen by group)

Each group will choose a trending diet and complete a written and oral detailed analysis containing the following components:

- Background (10 pts)
 - How and when did the diet/trend come about? Who created it? Why? Why would individuals be drawn to this type of diet?
- Guidelines (10 pts)
 - If you were to describe this diet to a person, what would you tell them? What can and can't they eat/drink? What types of recommendations would you give?
- Pros (5 pts)
 - What are some benefits associated with adapting this diet?
- Cons (5 pts)
 - What are the risks associated with adapting this diet?
- Challenges (10 pts)
 - What are some challenges that may come across when consuming this diet? If someone has food allergies (nuts, eggs, lactose, etc.), what types of limitations or modifications should they construct?
- Sample Meals (10 pts)
 - Prepare a list of suggested foods for breakfast, lunch, dinner, snacks, and drinks for 7 days. Include the **total caloric content** of each day and macronutrient composition of each day as calories and expressed as percentages (%CHO, %PRO, %FAT).

Each group member will prepare samples from the diet to share with the class. The food sample should conform to the dietary guidelines (or meal of choice!)

I plan to bring my award winning candy bar cheesecake 😊

Order of presentations will be randomly selected.