

Diet Research PowerPoint Presentation

1) Details of the plan

- Foods you can and cannot eat
- Calorie count
- Is exercise included?
- Weight loss or Weight gain?

2) Where did it come from?

- Who thought of it?
- Did it come from an organization?

3) Is it based on science?

- Research behind it?

4) Pros and Cons

- At least 3 of each
- How could this diet work for one person but not another?

5) How is it advertised or presented?

- Who is it targeted to?
- How is it perceived?

6) Who profits/benefits from it?

- Who is selling the foods/supplements?
- What organizations are promoting the diet?

7) Will the diet make you susceptible to certain diseases/disorders?

- Risk factors
- What diseases or disorders could accompany it?
- What parts of the diet could be a problem?

8) Resources

- **ATLEAST 2 RESOURCES FROM MEDICAL SITES**
 - Hospitals, Dietician, or Educational
- **ATLEAST 1 NONMEDICAL RESOURCE**

