

## Food project

1. Look at the impact of food on: health and well-being, economy, environment.
2. Select a diet to try for a week. Keep a journal and record what you eat, what is going well, what is not.
3. Write a short (2-3 page) paper in which you address the following: Define the diet (what are the parameters), what drew you to this diet? Is there some scientific data to support the claim that this diet is healthy? How did it make you feel? What were the challenges? In what way does it affect the economy, and the environment? Would you recommend this diet to others, or not? Why?

### List of diets (from Wikipedia,

- **Alkaline diet:** The avoidance of relatively acidic foods – foods with low pH levels – such as grains, dairy, meat, sugar, alcohol, caffeine and fungi. Proponents believe such a diet may have health benefits;<sup>[48]</sup> critics consider the arguments to have no scientific basis.<sup>[49]</sup>
- **Blood Type Diet:** A diet based on a belief that people's diets should reflect their blood types.<sup>[50]</sup>
- **Eat-clean diet:** Focusses on eating foods without preservatives, and on mixing lean proteins with complex carbohydrates.<sup>[51]</sup>



Basket of fresh fruit and vegetables grown in [Israel](#)

- **Feingold diet:** A diet which attempts to combat hyperactivity by avoiding foods with certain synthetic additives and sweeteners.<sup>[citation needed]</sup>
- **Fit for Life diet:** The dietary aspect to *Fit for Life*, a book by Harvey and Marilyn Diamond. Its recommendations include not combining protein and carbohydrates, not drinking water at meal time, and avoiding dairy foods.<sup>[52]</sup>

- **Food combining diet:** A nutritional approach where certain food types are deliberately consumed together or separately. For instance, some weight control diets suggest that proteins and carbohydrates should not be consumed in the same meal.<sup>[53]</sup>
- **F-plan diet:** A high-fiber diet, intended to facilitate weight loss.<sup>[citation needed]</sup>
- **Gerson therapy:** A form of **alternative medicine**, the diet is low salt, low fat and vegetarian, and also involves taking specific supplements. It was developed by **Max Gerson**, who claimed the therapy could cure cancer and chronic, degenerative diseases. These claims have not been scientifically proven, and the American Cancer Society claims that elements of the therapy have caused serious illness and death.<sup>[54]</sup>
- **The Graham Diet:** A vegetarian diet which promotes whole-wheat flour and discourages the consumption of stimulants such as alcohol and caffeine. Developed by **Sylvester Graham** in the 19th century.<sup>[55]</sup>
- **Hay diet:** A food-combining diet developed by **William Howard Hay** in the 1920s. Divides foods into separate groups, and suggests that proteins and carbohydrates should not be consumed in the same meal.<sup>[53]</sup>
- **High-protein diet:** A diet in which high quantities of protein are consumed with the intention of building muscle. Not to be confused with low-carb diets, where the intention is to lose weight by restricting carbohydrates.
- **High residue diet:** A diet in which high quantities of **dietary fiber** are consumed. High-fiber foods include certain fruits, vegetables, nuts and grains.<sup>[56]</sup>
- **The IF Diet:** A diet using 3 kinds of **Intermittent Fasting**.



Sharing of frozen, aged **walrus** meat among **Inuit** families.

- **Inuit diet:** **Inuit** people traditionally consume food that is fished, hunted or gathered locally; predominantly meat and fish.<sup>[57]</sup>

- **Jenny Craig:** A weight-loss program from Jenny Craig, Inc. It includes weight counselling among other elements. The dietary aspect involves the consumption of pre-packaged food produced by the company.<sup>[58]</sup>



Kangaroo meat at the [Queen Victoria Market](#) in [Melbourne](#)

- **Locavore diet:** a **neologism** describing the eating of food that is locally produced, and not moved long distances to market.
- **Low carbon diet:** Consuming food which has been produced, prepared and transported with a minimum of associated **greenhouse gas** emissions. An example of this was explored in the book **100-Mile Diet**, in which the authors only consumed food grown within 100 miles of their residence for a year.<sup>[59]</sup> People who follow this type of diet are sometimes known as **locavores**.
- **Low-fat diet**
- **Low glycemic index diet**
- **Low-protein diet**
- **Low sodium diet**
- **Low-sulfur diet**



Some common macrobiotic ingredients

- **Macrobiotic diet:** A diet in which processed food is avoided. Common components include grains, beans and vegetables.<sup>[60]</sup>
- **Master Cleanse:** A form of juice fasting.
- **Medifast Diet:** A weight-loss diet based on foods sold by Medifast, Inc.<sup>[citation needed]</sup>
- **Mediterranean diet:** A diet based on habits of some southern European countries. One of the more distinct features is that olive oil is used as the primary source of fat.<sup>[61]</sup>
- **Montignac diet:** A weight-loss diet characterised by consuming carbohydrates with a low **glycemic index**.<sup>[62]</sup>
- **Negative calorie diet:** A claim by many weight-loss diets that some foods take more calories to digest than they provide, such as celery. The basis for this claim is disputed.<sup>[63]</sup>
- **Okinawa diet:** A low-calorie diet based on the traditional eating habits of people from the **Ryukyu Islands**. Okinawans are the longest lived people in the world.<sup>[citation needed]</sup>
- **Omnivore:** An omnivore consumes both plant and animal-based food.<sup>[64]</sup>
- **Organic food diet:** A diet consisting only of food which is organic – it has not been produced with modern inputs such as **chemical fertilizers**, **genetic modification**, **irradiation** or **food additives**.<sup>[65]</sup>
- **Paleolithic diet:** Can refer either to the eating habits of humans during the **Paleolithic** era, or of modern dietary plans based on these habits.
- **Prison loaf:** A meal replacement served in some United States prisons to inmates who are not trusted to use cutlery. Its composition varies between institutions and states, but as a replacement for standard food, it is intended to provide inmates with all their dietary needs.
- **Pritikin Program for Diet and Exercise:** A diet which focusses on the consumption of unprocessed food.
- **Raw foodism:** A diet which centres on the consumption of uncooked and unprocessed food. Often associated with a vegetarian diet,<sup>[66]</sup> although some raw food dieters do consume raw meat.<sup>[67]</sup>
- **Scarsdale Medical Diet**
- **Shangri-La Diet**
- **Slimming World diet**
- **Slow-carb diet**
- **Smart For Life**

- [Sonoma diet](#)
- [SparkPeople diet](#)
- [Sugar Busters!](#): Focuses on restricting the consumption of refined carbohydrates, particularly sugars.<sup>[68]</sup>
- [Swank diet](#): Focuses on restricting the consumption of saturated fat.<sup>[citation needed]</sup>
- [Tongue Patch Diet](#): Stitching a [Marlex](#) patch to the tongue to make eating painful.
- [Warrior diet](#): Focused on timing of meals - Slogan is 'when you eat, makes what you eat matter'. Intermittent fasting consisting of a fasting/feeding cycle with 1 meal per day, ideally at night.<sup>[69]</sup>
- [Zone diet](#): A diet in which a person attempts to split calorie intake from carbohydrates, proteins and fats in a 40:30:30 ratio.<sup>[70]</sup>