



Slim Fast

On the Slim.Fast plan you replace breakfast and lunch with a Slim Fast meal replacement drink and prepare a healthy 600-calorie meal in the evening. You can also have three 100 calorie snacks throughout the day. Weight loss occurs because of a dramatic calorie reduction if your diet. If you're used to eating a substantial amount of food you are likely to feel pretty hungry for the first few days! The shakes are fortified with vitamins and minerals in place of what you would be getting from your diet.

Would it work today?

The fact that Slim Fast is still as popular as ever goes to show that this diet has stood the test of time. Whilst the shakes are no substitute for a proper balanced diet, they offer a simple, easy way to kick start weight loss, the key to success is whether or not you can manage on so few calories and resist the temptation to snack!

2000s

CSIRO

CSIRO is a high protein/moderate carbohydrate/low fat eating plan designed by nutritionists at the Commonwealth Scientific and Industrial Research Organisation in Australia. The diet advocates high protein foods because they are nutrient dense, keep you fuller for longer and help to control blood fats such as triglycerides and LDL (bad) cholesterol. Weight loss occurs because portion size and calorie intake are carefully controlled.

Will it still be popular in 2010?

The diet advocates a large amount of red meat, but most nutritionists recommend we eat this no more than twice a week. It may prove to be bad for heart health and it certainly isn't easy for vegetarians to

follow! Essentially it's a diet that controls calories and in that respect it could continue to be successful for years to come!

GI

The GI diet ranks foods from 0 to 100 based on the effect that they have on our blood sugar levels. Foods with a high GI – 70 or above, cause a massive rise in blood sugar which is followed by an energy slump, prompting us to reach for something else to eat.

Foods with a low GI – 55 or below, release sugar into the bloodstream slowly, giving us a steady supply of energy, meaning we're less likely to snack and gain weight.

Will it still be popular in 2010?

The GI diet is based on good scientific principles which can lead to sustainable weight loss. It can also help us to reduce our risk of developing type II diabetes. When followed religiously however it can be hard work and it's more or less impossible to determine the GI of an entire meal! It can put you off eating many healthy foods as they are ranked as high GI and some low GI foods are really high in salt. Sensible dieters will take the principles of this diet to develop a balanced eating plan.

Atkins Diet

On the Atkins diet you can eat whatever you like, in any quantity – as long as it's made up of protein and fat. This includes steaks, burgers, eggs, cheese, pork and chicken. Carbohydrates – bread, pasta and potatoes – must be avoided at all costs. The idea behind this diet is that your body will burn fat for energy rather than carbohydrate. In reality it leads to a build up of ketones in the body and leaves you with a deficiency in essential vitamins, minerals and fibre.

Will it still be popular in 2010?

Atkins was one of the biggest diets of the decade but it couldn't withstand the barrage of claims that it was detrimental to our health. There's no denying that weight loss occurred on this diet but often it was at the expense of good health, causing Kidney stones, high cholesterol and even heart problems. The fact that Atkins himself had a heart condition and was overweight when he died should be enough to put anyone off!