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| --- | --- | --- | --- | --- | --- | --- |
| **Diet Name** | **Diet Claim or Promise** | **Explain how the diet works** | **Nutrients / food groups excluded?** | **Supplements? What kind?** | **Lifetime sustainable** | **Health effects on body** |
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***Fad Diets Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***If you were to use one of these diets, which one would it be and why? If you would not use any Fad diets, explain why.***