**Fad Diets:**

Fad diets are a trend in society that has people spending money on products that may be harmful to their bodies. The number of fad diets in our society is endless. Your job is to research 3 fad diets. Summarize each and reflect on the information you find. Keep in mind the following requirements:

* Your paper should be at least 5 pages typed:
  + Times New Roman
  + 12 font
  + Double spaced
  + Edited and presented as a final copy
* Use 3 sources
* For each diet researched, you may want to include the following:
  + Detailed description of diet
  + Creator
  + When did it first come on the market
  + Cost
  + Advertisement
  + Why is this diet so unhealthy?
  + Why is it considered a “fad” diet?
  + Target audience
  + Special food?
  + Compare or contrast the diets
  + Your opinion, thoughts, reflections