

## Which Diet is Best for You?



Despite countless numbers of testimonials touting the benefits of various weight loss diets, the amount of solid scientific research on the benefits and risks of diets is, pardon the pun, slim, very slim. What's needed are more long-term (one year or longer) studies with good methodology and an acceptable number of participants, which look at the effectiveness and sustainability of various diets.

*In the January 5th, 2005 issue of the Journal of the American Medical Association*, scientists at Tufts-New England Medical Centre compared four common diets including the Atkins diet, the Zone diet, the Ornish diet and Weight Watchers. After just two months on any of these diets, almost 25% of the study participants dropped out.

Thirty-five percent of the participants couldn't maintain either the Zone or Weight Watchers diets for a year, and almost ½ couldn't stick with the Atkins or Ornish diets for a year, suggesting that these two latter diets may be too extreme. Among those who managed to maintain the diet for a full year, the overall weight loss from either of the diets was comparable and ranged from 2.1 kg or 4.6 lbs (on the Atkins diet), 3.0 kg or 6.6 lbs on the Weight Watchers diet, and to just over 3 kg or about 7.2 lbs (on both the Zone and Ornish diets).

The authors found that each of the diets caused a drop in the “bad” LDL cholesterol. All but the Ornish diet resulted in a rise in the “good” HDL cholesterol. According to this study, the amount of weight that you can lose doesn't depend on the type of diet you follow. Instead, the best diet for you is the one that you can stick with. When picking a diet, you need to ask yourself if you can eat that way forever. Read more about [The Atkins Diet](#), [The Zone Diet](#), [The Ornish Diet](#), and [Weight Watchers](#).