

LOW CALORIE DIETS

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Jackie, did you hear about this new diet that everyone is talking about? "No" exclaimed Carly, "Tell me more! Ill do it if you do it!" Jackie goes on to tell Carly that, this "new diet" says you can lose up to 10 pounds in one week! She also says excitedly "apparently you don't even need to exercise!" "We have to try this," says Carly. Both girls make a pact to try this "new diet" that promises great results, so lets see how this "diet" can lead to a weight loss!

Introduction

Physical Appearance is a characteristic that many individuals see as a top priority in their life. This may be for health reasons, meeting the needs of personal body preference, or other reasoning. Many individuals spend countless hours working on their appearance. However, there are also those individuals who want to "look great," but do not give eating healthy and working out the time it needs for that to be accomplished. Those individuals, maybe you are one, are typically the people who fall for the magazine titles that read, "lose weight fast!" or "lose weight without dieting." Weight loss is often celebrated through magazines or television channels by promotion of different products that have claimed success for many. However, there is more than meets the eye for many of these diets that is never completely explained.

The most popular New Years resolutions in America are to lose weight and eat healthier (Popular New Year's Resolutions, 2014). This comes to no surprise as 78.6 million adults in America are classified as obese, more than \$147 billion dollars are spent annually on medical bills for those with obesity, and those who are obese spend more than \$1,429 dollars on medical costs compared to a healthier individual (Adult Obesity Facts, 2014). Knowledge is power and many individuals who are overweight and obese do not know how to fix their weight problem. Therefore, when magazines or television commercials are advertising to lose weight fast, many people fall for it.

fiction, as many people often get hooked on different . It is estimated that that in 2013 \$40 billion dollars was spent on weight loss products and programs in America (Reisner, 2014). Without the proper knowledge about different dieting options, it [dieting] can either work for you or be a waste of your time and money. To understand the concepts of this chapter, it is important to recognize that most diets advertised on television or magazines are known as low calorie diets. A basic explanation of a low calorie diet is described as a diet that provides fewer than 1,200 calories per day (Low-Calorie Diet, 2014). The types of foods that are consumed on a low calorie diet are low in calories, nutrients, and vitamins (Low-Calorie Diet, 2014). Therefore, with out the proper knowledge about low calorie diets, it can be detrimental to a person's health. This chapter is going to outline the main points of three different low calorie diets that are or were very popular at some point in time, and this chapter will provide the proper information that an individual needs to be aware of before starting a low calorie diet.

Chapter Outline

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- Gluten Free
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- The South Beach Diet
 - History of The South Beach Diet and Arthur Agatston
 - What is The South Beach Diet
 - What are the limitations within this diet and does this diet work?
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Literature Review

An article from *The Medical Journal of Australia* starts off their article by saying, “As a nation, we are fat” (Roberts, 2001). This article discusses how the desire to be thin is continuing to be a feature in our society. With many people claiming to be on some sort of “diet,” personal efforts are increasing, but the actual physical activity is decreasing. Low calorie diets are known for getting an individual's mind excited about losing the weight without the actual motivation to exercise. The fact of the matter is that people need to sort out the fact from the fads, this means eating healthy and exercising daily (Roberts, 2001).

With more than 10 million copies of the book *New Diet Revolution* sold, Atkins claims to have the best ideas, and claims that their products work better than any other low calorie diet on the market (Atkins, 2002). Atkins promises success, but what they do not show you are real results. The only factual results are those who have taken the basis of the Atkins diet and modified it to fit their needs. A journal article by *Sage* reports that by modifying the diet, it could be effective (Kossoff et al., 2011). This diet alone is not enough to lose weight miraculously and keep the weight off.

Gluten-free is a word that is constantly being tossed around, as it is the most common low calorie diet at this time (Jargon, 2014). Many individuals claim to be gluten-free, but are unaware of what gluten even is or what foods it is in. Others have heard from a friend that “gluten makes you fat,” and so therefore, they avoid gluten. Results from a study by Matysiak-Budnik found that of 102 participants, there was actually a weight gain from only consuming gluten products. Celiac Disease is a problem that only 1% of Americans face, so there is no reason for the gluten hype (Matysiak-Budnik, 2007). As *The Wall Street Journal* states, “a decade ago only a small portion of people had heard of the words gluten-free, but today more and more people are trying to cut out the element that is found in the grain” (Jargon, 2014). Today, there is an obsession about being gluten free that many companies are taking the opportunity to make a profit from the consumer demands, and disregarding the unknown health related, “benefits” (Jargon, 2014).

The American Journal of Cardiology did research on common low calorie diets in the 2004 when The South Beach Diet was among one of the most popular low calorie diets at the time (Chahoud et al., 2004). This research was specifically related to heart disease to see if the effects from cutting out different food groups would make for a healthier cardiovascular system

obese patient cut out junk foods and switched to healthier
the amount of health related issues. Therefore, this study

did find significant data that being on The South Beach Diet will make the hearth healthier and less likely to develop cardiac disease (Chahoud et al., 2004).

Overall, at some point all of these low calorie diets were once trending in the health world, or still are. Each of these low calorie diets seem to have their benefits, but in the end the older diets have died out and less people are trying them. Many of the low calorie diet options are expensive, hard to maintain, may have detrimental effects to health, or may even cause you to gain weight. Knowing the facts about going on a low calorie diet before trying one is important.

Part One: The Atkins Diet

History of Dr. Atkins and the Atkins Company

Robert C. Atkins, MD, was the founder and medical chairman of
The Atkins Center for Complementary Medicine, in New York City



(Atkins, 2014). Dr. Atkins graduated from Cornell University Medical School in 1955, and his main focus as a doctor was on a proper diet to prevent heart disease, diabetes, and obesity

(Atkins, 2014). In 1972, he published the book *Dr. Atkins Diet Revolution*, which introduced the Atkins Nutritional Approach

(Atkins, 2014). Dr. Atkins passed away in April of 2003 from a severe heard trauma, as he had slipped on pavement (Atkins

Nutritionals, 2014). In 2003 after Atkins death, the company had to file for bankruptcy, citing its loses at \$340 million dollars

(Atkins Nutritionals, 2014). Atkins emerged from bankruptcy in 2007 with its newest owners, North Castle Partners. However,

most recently, Roark Capital Group bought the company in 2010, and these owners are now focusing on making a profit by selling and emphasizing supplements, nutritional bars, and shakes (Atkins Nutritionals, 2014).

*Fun Fact:
In 2003, it was
estimated that
over 3 million
people had tried
the Atkins Diet*

Example meal plan on Atkins:

Breakfast: 2 boiled egg whites and 1 glass of fresh fruit juice

Lunch: Green salad and 1 cup of plain yogurt

Dinner: Lentil soup (1 bowl), whole wheat bread 1 slice and 1 serving of boiled chicken

What is The Atkins Diet.

The Atkins Diet is a low calorie diet that changes your metabolism from storing fat, into burning fat (Atkins, 2014). Decreasing your carbohydrate intake, which in turn lowers your insulin levels, and then burns fat instead of storing it, does this. There are four phases to success that must be followed within this program (Atkins, 2014).

Phase one, for a minimum of two weeks, a fast track system designed by Atkins is used to log the amount of carbohydrates a person typically takes in per day (Low Carb Diet Program and Weight Loss Plan, 2014). From this, an average amount of carbohydrates are measured, and should be lowered to 20 grams of carbohydrates per day of your



average intake of carbohydrates. This will allow the body to shift from burning primarily carbohydrates, to burning primarily fat, and will kick start weight loss. This phase also teaches the client how to eat three meals a day and two snacks, or more (Low Carb Diet Program and



Weight Loss Plan, 2014). The Atkins diet never wants the client to feel extremely hungry, because this can cause the metabolism to slow down and may lead to overeating. There is a list of food provided, once the Atkins diet is purchased, that is allowed for phase one and the foods not on the list should not be consumed (Low Carb Diet Program and Weight Loss Plan). It is key to eat carbohydrates, but they need to be healthy carbohydrates.

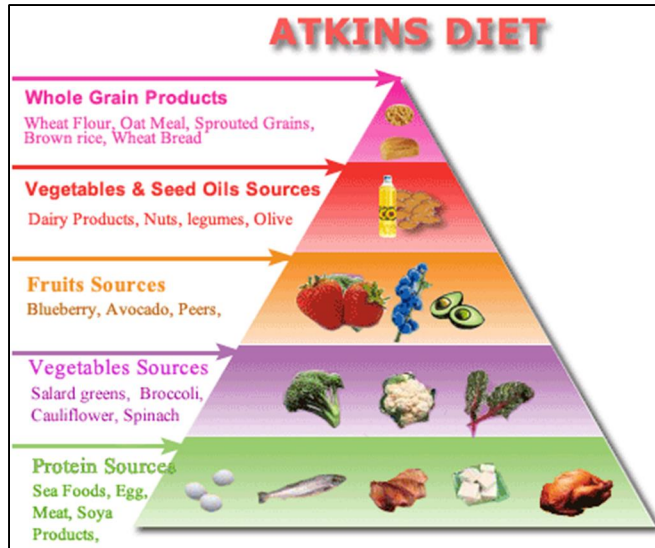
Phase two is focused on balancing. The method that is used is known as the "Carb Ladder," by slowly adding foods that were not on the list to consume, as seen in Figure 1 (Low Carb Diet Program and Weight Loss Plan). Allowing the client to be in

Figure 1. This is a figure of the "carb ladder" that all four phases are focused on during The Atkins Diet.

allows the time the client to find a carbohydrate balance.

10 pounds away from the goal weight. The goal of this phase is to start off at 25-grams of net carbohydrates per day, and increase the overall carbohydrate intake in 5-gram increments (Low Carb Diet Program and Weight Loss Plan). This allows the client to reintroduce a wide array of foods, while finding a personal carbohydrate balance at the same time (Low Carb Diet Program and Weight Loss Plan).

Phase three focuses on the fine-tuning of the body. Now, 10 pounds away from the goal weight, this phase wants to increase the carbohydrate intake and find the perfect balance for the client (Low Carb Diet Program and Weight Loss Plan). This phase lasts until the last 10 pounds have been lost and the weight has been maintained for a month. During this time, more new foods are being introduced daily in 10-gram increments (Low Carb Diet Program and Weight Loss Plan).



Finally, *phase four* is known as lifetime maintenance. In this phase, the client continues to eat the same foods that have already been introduced in phase two, phase three, and there may be new foods to try (Low Carb Diet Program and Weight Loss Plan). This is an ongoing phase that allows for maintaining your new weight and takes effort to maintain the weight (Low Carb Diet Program and Weight Loss Plan).

The results of the Atkins Diet

The results of the Atkins diet may be effective, however, this diet is not realistic long term and there is no significant data to prove this diet works. Living your life in different phases of a diet is not ideal and is rather confusing. In life there is eating out, going on vacation, parties, and other opportunities that can cause a stray from a diet like this. When a diet has so many rules to follow with little room to cheat, it makes it hard to live your life and be happy about the diet you want to be on. Life gets in the way of a hard diet like the Atkins, so yes, there are results from

etime is difficult. Therefore, many people who are on the
weight they initial lost back, plus more weight (WebMD,

2014). The only significant data, found by *Sage*, reported that the only effective long term result from this diet come from modifying the diet (Kossoff et al., 2011). However, this diet alone is reported to not show significant result (Kossoff et al., 2011)

Part 2: Gluten Free Diet

What is Gluten?

Gluten is defined as a protein composite found in wheat and related grains, including barley and rye (U.S. Food and Drug Administration, 2014). Gluten gives elasticity to dough, helping it rise, keeps its shape, and often gives the final product a chewy texture. It is found



in many foods and it was difficult to avoid for those who have Celiac Disease, until recently. Currently in society, the gluten-free diet is the most popular and from that there are more and more food products becoming available (Webb, 2014). However, gluten-free is the most popular and those whom decided to be gluten-free often do not know all of the facts about gluten (Hill et al., 2005). Because of the recent popularity to eat gluten-free products, many restaurants and shopping centers are having no option but to carry gluten-free options to meet the demands of their customers.

What is Celiac Disease?

Celiac Disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine (U.S Food and Drug Administration, 2014). It is estimated that 1 in 100 people worldwide are affected (Rostom et al., 2013). According to the Celiac Disease Foundation, 2.5 million Americans are undiagnosed and are at risk of long-term health complications (Rostom et al., 2013). There is also more recent and less biased research has a different view on Celiac Disease, not found by the Celiac Disease Foundation. Research by *The American Journal of Gastroenterology* claims that many individuals are diagnosing themselves and making large lifestyle changes when they actually do

5). Many people are changing in their diet by becoming
enough about the foods they are now choosing to not eat

(Rostom et al., 2013). More research from *The American Journal of Gastroenterology* studied individuals who had Celiac Disease and individuals who did not have Celiac Disease, but have made the choice to eat gluten-free (Hill et al., 2005). The results from this study found that 81% of the individuals who ate gluten-free actually gained weight long term (Hill et al., 2005). This increase in weight is likely due to the fact that most gluten-free foods are high in carbohydrates, cholesterol, sodium, and low in nutrients.

What does it mean to be gluten-free?

WebMD states, "Move over fat, salt, and sugar, there is a new dietary villain in town and its name is Gluten" (WebMD, 2014). Gluten causes health problems in sufferers of Celiac Disease and some cases, a wheat allergy (Jargon, 2014). There is no significant research to provide evidence to support the claim that being gluten-free will cause health benefits. Just like fashion, certain styles that are "in" and others that are "out." Right now, being gluten-free is "in" and many people do not know all the facts before they give into trying a new diet. Avoiding all foods that include wheat and are grain related is the start to becoming gluten-free and the list of the foods to avoid is lengthy. Here is a quick video of what others think gluten is and how they describe it [Click Here!](#)

What kinds of foods are allowed or not allowed when gluten-free?

Foods and drinks to avoid:

- Barley
- Rye
- Wheat
- Triticale
- Beer
- Breads
- Cakes and Pies
- Cereals
- Cookies and Crackers
- French Fries
- Imitation Meat or seafood

- Pastas
- Salad Dressings
- Sauces
- Chips, Such as Potato or Tortilla
- Poultry
- Soup and Soup Bases

Foods and Drink Allowed:

- Beans, Seeds, Nuts in their natural, unprocessed form
- Fresh Eggs
- Fresh Meats
- Fruits and Vegetables
- Most Dairy Products

major concern is that they are not getting enough vitamins and it may cause a nutritional deficiency or malnutrition (WebMD, 2014). This could cause an



upset stomach and these symptoms may not be known (WebMD, 2014), and because of the drastic changes in the diet when becoming gluten free, the small intestine can become inflamed (Hill, 2005). These problems show no symptoms or signs, which makes it the most detrimental to the health of an individual (Hill, 2005). As you can see above, the list of

foods to avoid is rather long compared to the foods allowed to eat. It is risky to avoid a plethora of foods like this, but as long as an individual can be aware of the situation and take the necessary vitamins supplements there should be no detrimental effects. This low calorie diet can also be expensive for those who do not have the availability to grow a garden and would have to buy most of their foods from a grocery store. Being gluten-free also makes it difficult to eat at certain places; typically menu options will be limited. These limitations make it difficult for long-term maintenance and there is no significant data that proves weight loss from being gluten-free.

What are the advantages of this diet?

Seeing as this diet is a worldwide obsession, it is common to think that there are several great things about going gluten-free. Unfortunately, unless you actually have Celiac Disease, there are no advantages to being on this diet. According to WebMD, this diet causes a huge change to the digestive tract and causes a serious deficiency of vitamins (WebMD, 2014). Because this diet is so popular right now, companies have created new foods that are gluten free, but they are typically high in cholesterol, carbohydrates, or sodium (Jargon, 2014). However, for an individual who eats a lot of junk foods, eating some of the foods that are allowed will be beneficial for a weight loss. Vegetables, fresh meats, and fruits are healthier options that can benefit the body. However, limiting the food intake to no gluten at all is when it becomes a concern about a nutritional deficiency.

et work?

but there are several things to take into consideration if you are deciding to try this diet out. Being on this low calorie diet requires a lot of attention to detail when reading labels, taking extra vitamins, and being conscious not to stray away from gluten-free foods, as this could cause stomach problems. This diet can also be expensive because of the need for fresh, non-gluten containing foods. States that are not warm all year long will see an increase in the cost of produce as the winter months begin and it will stay like that until the spring. Yet, research from *The Journal of Gastroenterology* found that 81% of those who consume a gluten-free diet because of Celiac Disease gained weight in a longitudinal study (Hill, 2005). This diet will work for a period of time because it has a low calorie intake associated with eating a lot of fresh foods. However, many of the packaged gluten-free foods are high in sodium or carbohydrates and that could cause a weight gain. Also recent longitudinal studies that were mentioned in the literature review portion also did not find any positive results. Matysiak-Budnik found that in their study that focused on weight gain while maintaining a gluten-free diet and 86 of the 102 participants gained weight over time (Matysiak-Budnik, 2007). From the following data, there is no significant data to prove maintaining a gluten-free diet will be beneficial.

Part 3: The South Beach Diet

History of The South Beach Diet and Arthur Agatston

The South Beach Diet is a low calorie diet that was developed by Arthur Agatston who promises that in three simple phases you will have lost weight fast (South Beach Diet, 2003). Developed in 2003, Dr. Agatston's concepts differ completely from the Atkins diet.



According to Agatston, it is not about cutting all carbohydrates from the body, it is about cutting the right fats and the right carbohydrates (South Beach Diet, 2003). The South Beach Diet was a popular low calorie diet in the 2000s that promised effective results, without good supporting evidence (South Beach Diet, 2003). Developed by Arthur Agatston in 2003, The South Beach Diet was originally named the "Modified Carbohydrate Diet," however; it was renamed due to the south beach neighborhood that was located next to Arthur's practice (Weight

outh Beach diet with the purpose of changing the balance of foods (Weight loss, 2014).

What is The South Beach Diet?



The South Beach Diet is a low calorie diet that promises you will lose weight rapidly and keep it off with maintain (South Beach Diet, 2003). This low calorie diet is done by following three weight loss phases and eating prepackaged meals created by South Beach. As mentioned, there are three phases to complete this low calorie diet.

Phase one, is all about eliminating cravings. By stabilizing your blood sugar levels, this phase promises that for those who have a lot of weight to lose that there will be a loss of 10 pounds in the first 14 days.

After the first 14 days are over and blood sugar levels have stabilized, *phase two* begins. This phase allows the reintroduction of a variety of nutritious and delicious foods (South Beach Diet, 2003). During this phase, the goal weight is reached and lasts as long as it is needed to reach the goal weight.

Phase three is an understanding of how to eat healthy and make lifelong choices about how foods is embedded. However, if a weight gain starts to take place, it is recommended to start over and go back to phase one or two (South Beach Diet, 2003). Following these three phases will lead to a successful weight loss, according to Dr. Agatston (South Beach Diet, 2003).

Example meal while on The South Beach Diet
Breakfast: Cottage cheese & Fruit
Lunch: Hummus Sandwich
Dinner: Side Salad & Oven roasted lamb chops
Snack: Orange cream smoothie

What are the limitations within this diet and does this diet work?

This diet is not ideal for many people due to many different factors. The South Beach Diet can be expensive, may cause overindulging, and includes eating from some prepackaged meals. All of these factors can make it hard to be on this diet, but it can be done (South Beach Diet, 2003). When dieting, it is key to eat healthy foods that you can enjoy and those are typically not foods

inner. When dieting these limitations can make it difficult to be done and if the rules are followed, and this diet can

have effective results. There is however, significant data that this diet can be achieved, *The American Journal of Cardiology* did research on common low calorie diets in the 2004 when The South Beach Diet was among one of the most popular low calorie diets at the time (Chahoud et al., 2004). This research was specifically related to heart disease to see if the effects from cutting out different food groups would make for a healthier cardiovascular system, to succeed in a weight loss. Therefore, from this study Chahoud did find significant data that being on The South Beach Diet will make the hearth healthier, less likely to develop cardiac disease, and show a loss in weight (Chahoud et al., 2004).

Overview of all the diets

Low Calorie Diets	Does it guarantee fast weight loss?	Does it have you eating less than 1,200 calories?	Is it expensive?	Is this diet convenient?
Atkins Diet	Yes	Not Listed	Yes	No
Gluten-free	No	No	Not Necessarily	No
The South Beach Diet	Yes	Not Listed	Yes	No

Table 1. This table discusses the main factors of the three low calorie diets in this chapter.

Chapter Summary

Overall, there are many different options to choose from when deciding to go on a diet. However, it is just key to find a diet that fits your lifestyle and personality to get the best results. If you chose a diet because it worked for someone else, the same results might not happen for you. Making lifestyle changes are the only real option for a successful long-term diet. The Atkins diet, gluten-free, and The South Beach Diet are all low calorie diet options. One of these diets may be the best for you to do, but each has their limitations. The Atkins diet has a good method, but it shows no significant data with out making modifications. The gluten-free diet has a lot of nutrient dense foods involved, but making sure that the necessary vitamins are in the diet is key. Also the gluten-free diet shows that many individuals actually gain weight from maintaining a

also shows significant data and a weight loss, but this diet is best to compare and research a diet before starting one, especially if it is an expensive lifestyle change without promising long term results. Being aware of the foods you are putting into your body is the greatest way to treat yourself. The main thing to keep in mind when dieting is quote from Nancy Jensen, a professor at The University of Minnesota "Remember, everything in moderation."

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