

Compare ketogenic diet, the zone diet and the Atkins diet.
compare and evaluate e...



DIETS Ketogenic Diet A ketogenic diet is used medically as a treatment for children with epilepsy. It is not a diet in the sense that it is a marketed product designed to help consumers to lose weight. In a ketogenic diet, the child's body is forced to burn fats rather than carbohydrates. The diet basically mimics starvation, and there is not much carbohydrate contained. Ketosis, once it is achieved with a ketogenic diet, is a state in which the child will be less likely to have an epileptic seizure.

Zone Diet

The Zone Diet is a marketed diet designed to help consumers to lose weight. However, it is more of a nutrition control philosophy, rather than a series of shakes, or a workout regimen. The diet has a ratio system that splits carbohydrates, proteins, and fats by an aspect of 40/30/30, respectively. There have been mixed empirical results, as with many commercial diets, because consumers tend to have different degrees of commitment, and lose weight in different ways.

Atkins Diet

The Atkins Diet is a marketed diet that is designed with consumers in mind, but can be followed without purchasing. Unlike the Zone Diet, Atkins advocates eliminating carbohydrates as much as possible, especially in the form of breads. People can adjust this diet to different circumstances, with some limited difficulty; for example, a person on the Atkins diet could order a hamburger at a restaurant, but they would have to remove the bun, and eat it as if it were a steak. Some claim the Atkins Diet leads to unhealthy saturated fat content.

REFERENCE

Atkins; Ketogenic; Zone Diet (2010). <http://healthfacts.org>.