

Diet Comparison and Rating Guide

Criteria	Atkins	Body for Life	Nutrisystem	Slim Fast	South Beach	Take Shape for Life	Weight Watchers	The Zone
1 Variety of foods	Unlimited plus their snacks	Unlimited plus their snacks	Large variety from their foods; may also buy at store	Unlimited	Unlimited choices	Limited; what they sell plus limited foods for your meal	Unlimited, brand foods in stores	Unlimited plus their supplements; and meals
2 Ease of preparation	Must prepare all meals	Must prepare all meals; can buy snacks	Easy if you buy their foods	Moderate, must prepare meals	includes shopping list generator	Ready in 5 minutes or less	Can buy packages or prepare	Measure portions using plate
3 Ease of following	3 meals and 2 snacks	Eat 6 times per day	Eat 5 times per day	3 meals and 3 snacks	3 meals plus 3 snacks	5 snacks and 1 meal	No preset eating plan	3 meals and 2 snacks
4 Cost	Over \$1 to \$2 per snack	\$3 to \$4 per snack	\$11 per day for their meals; \$330 per month or higher	Over \$1 per snack in bulk, higher in the store	In bulk < \$1 per bar, higher in store	\$2 to \$3 per snack; \$280 to \$320 per month	\$40 monthly Meeting cost, or online \$5 monthly	\$2.50 per day supplements; bars \$2 per
5 Maintenance plan	Yes, part of 4 phase program	No specific plan	No specific plan	No specific plan	No specific plan	Transition and maintenance support	No, always on diet	No specific plan
6 Amount to lose	Any	Any	Any	Any amount	Any	Over 25 pounds	10% or more	Any
7 Community support	On line forum	expert phone #	phone counseling, online forum	on line forum, phone/email support	dietician support, online forum	Free coach, medical support, on line	meetings, on line	call or email medical pros, online forum
8 Nutrition	Low sugar - uses sugar alcohols and sucralose	Guidelines for what foods to choose	Pre-packaged frozen foods	Fortified with 15 vitamins and minerals	Not a low carb diet - specifically different from Atkins	All snacks fortified with 24 vitamins and minerals	Predefined by points method	Fortified snacks, use of supplements
A	Low carb high protein	Balanced	Not fortified		Multivitamin supplement	Low carb high protein	Balanced	Hormonal balancing
B	130 to 240 calories per snack	230 to 330 calories per snack	120 to 270 per meal/snack	120 to 200 per snack	focuses on glycemic index	90 to 110 calories per snack	not specified	not specified
9 Caloric intake	1435 on meal plan option 1	Not specified, exercise major component	sample = 810 cal - very low	over 800	1100 one sample plan	800 to 1000 on 5 and 1 plan	not specified	not specified