

# ALPHABETICAL LIST OF ENTRIES

## A

Abs diet  
Acne diet  
ADHD diet  
Adolescent nutrition  
Adult nutrition  
African diet  
African-American diet  
AIDS/HIV infection  
Alcohol consumption  
American Diabetes Association  
American Dietetic Association  
Anne Collins program  
Anorexia nervosa  
Anti-aging diet  
Anti-inflammatory diets  
Antioxidants  
Arthritis diet  
Artificial preservatives  
Artificial sweeteners  
Asian diet  
Atkins diet

## B

Bariatric surgery  
Bernstein diet  
Beverly Hills diet  
Binge eating  
Bioengineered food  
Biotin  
Blood type diet  
Bob Greene's diet  
Body for Life diet  
Body image  
Body mass index  
Bodybuilding diet  
Breastfeeding

British heart foundation diet  
Bulimia nervosa

## C

Cabbage soup diet  
Caffeine  
Calcium  
Calorie restriction  
Cambridge diet  
Cancer  
Cancer-fighting foods  
Carbohydrate addict's diet  
Carbohydrates  
Caribbean Islander diet  
Carotenoids  
Caveman diet  
Celiac disease  
Central American and Mexican diet  
Central European and Russian diet  
ChangeOne diet  
Chicken soup diet  
Childhood nutrition  
Childhood obesity  
Children's diets  
Chocolate diet  
Choline  
Chromium  
Cleveland Clinic 3-day diet  
Constipation  
Copper  
Coronary heart disease  
Cravings  
Crohn's disease  
CSIRO total wellbeing diet

## D

DASH Diet  
Dean Ornish's Eat More, Weigh Less  
Dehydration  
Denise Austin Fit forever  
Detoxification diets  
DHEA  
Diabetes mellitus  
Diarrhea diet  
Diet drugs  
Dietary cholesterol  
Dietary guidelines  
Dietary reference intakes  
Dietary supplements  
Dietwatch  
Digestive diseases  
Diuretics and diets  
Diverticular disease diet  
Dr. Feingold diet  
Dr. Phil's diet  
Dyspepsia

## E

Eating disorders  
Eating for Life  
Echinacea  
eDiets  
Electrolytes  
Elimination diets  
Encopresis  
Ephedra  
Ergogenic aids

## F

Fad diets  
 Fat flush diet  
 Fat replacers  
 Fat smash diet  
 Fats  
 Fen-Phen  
 Fiber  
 Fit for Life diet  
 Flaxseed  
 Fluoride  
 Folate  
 Food additives  
 Food allergies  
 Food contamination  
 Food labeling  
 Food poisoning  
 Food safety  
 Food sensitivities  
 French paradox  
 Frozen-food diet  
 Fructose intolerance  
 Fruitarian diet

## G

Gallstones  
 Gastroesophageal reflux disease  
 Giardiasis  
 Gingseng  
 Ginkgo biloba  
 Glucosamine  
 Gluten-free diet  
 Glycemic index diets  
 Gout diet  
 Grapefruit diet  
 Greek and Middle Eastern diet  
 Green tea

## H

Hamptons diet  
 Hay diet  
 Healthy heart diet  
 Heartburn  
 Hemorrhoids  
 Herbalife  
 High-fat/low-carb diets  
 High-fiber diet  
 High-protein diet

Hilton Head metabolism diet  
 Hispanic and Latino diet  
 Hollywood diet  
 Hoodia  
 Hyperactivity and sugar  
 Hyperlipidemia  
 Hypertension  
 Hypertriglyceridemia

## I

Infant nutrition  
 Inflammatory bowel disease  
 Intuitive eating  
 Intussusception  
 Iodine  
 Iron  
 Irradiated food  
 Irritable bowel syndrome  
 Irritable bowel syndrome diet

## J

Jenny Craig diet  
 Jillian Michaels diet  
 Juice fasts

## K

Ketogenic diets  
 Kidney diet

## L

LA Weight Loss program  
 Lactose intolerant diet  
 Lacto-vegetarianism  
 Liquid diets  
 Low-cholesterol diet  
 Low-fat diet  
 Low-protein diet  
 Low-sodium diet

## M

Macrobiotic diet  
 Macronutrients  
 Magnesium  
 Maker's diet

Manganese  
 Maple syrup urine disease  
 Mayo Clinic diet (fad diet)  
 Mayo Clinic plan (endorsed by clinic)  
 Meckel's diverticulum  
 Medifast  
 Mediterranean diet  
 Menopause diet  
 Men's nutrition  
 Metabolism  
 Minerals  
 Molybdenum

## N

Native American diet  
 Neanderthin  
 Negative calorie diet  
 Niacin  
 Northern European diet  
 Nutrigenomics  
 NutriSystem  
 Nutrition and mental health  
 Nutrition literacy

## O

Obesity  
 Omega-3 fatty acids  
 Optifast  
 Optimum Health Plan  
 Oral health and nutrition  
 Organic food  
 Orlistat  
 Osteoporosis  
 Osteoporosis diet  
 Ovolactovegetarianism  
 Ovovegetarianism

## P

Pacific Islander American diet  
 Pacific Islander diet  
 Pantothenic acid  
 Peanut butter diet  
 Perricone diet  
 Personality type diet  
 Phytonutrients  
 Pregnancy diet  
 Pritikin diet

Prostate  
Protein

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## R

Raw foods diet  
Religion and dietary practices  
Renal nutrition  
Riboflavin  
Rice-based diets  
Richard Simmons diet  
Rosedale diet

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## S

Sacred heart diet  
Scandinavian diet  
Scarsdale diet  
Selenium  
Senior nutrition  
Shangri-la diet  
Six day body makeover  
Six week body makeover  
Slim4life  
Slim-Fast  
Sodium  
Sonoma diet  
South American diet  
South Beach diet

Soy  
Spirulina  
Sports nutrition  
St. John's wort  
Subway diet  
Suzanne Somers weight loss plan

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## T

Thiamin  
3-day diet  
3-hour diet  
TLC diet  
*Trans* fats  
Traveler's diarrhea  
Triglycerides  
Trim Kids

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## U

Ulcers  
USDA Food Guide Pyramid  
(MyPyramid)

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## V

Veganism  
Vegetarianism

Vitamin A  
Vitamin B<sub>6</sub>  
Vitamin B<sub>12</sub>  
Vitamin C  
Vitamin D  
Vitamin E  
Vitamin K  
Vitamins  
Volumetrics

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## W

Warrior diet  
Water  
Weight cycling  
Weight Loss 4 Idiots  
Weight Watchers  
Women's nutrition

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## Y

Yersinia

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## Z

Zinc  
Zone diet