Assignment 2: Fad Diets

You are now ready for the second assignment in this course. For this assignment, you will identify and explain one particular fad diet. How does someone follow it? What are the supposed benefits of following it? Then, you will evaluate this fad diet according to guidelines in Canada’s Food Guide. Is the diet safe? Is this diet likely to improve or hinder your long-term health? Explain your answers.

To complete the assignment, start a new Microsoft Word document. Save this file with your name and the name of the assignment in the file name, and then add your name to the top of the first page, too. The minimum for this assignment is **250 words,** but you can write more if more is necessary.

Review the **Fad Diet Assignment Rubric** before you begin.