

POPULAR DIETS IN HISTORY

THE CIGARETTE DIET

1920s



Lucky Strike launches a campaign encouraging women to 'Reach for a Lucky instead of a sweet'.

1930s

THE GRAPEFRUIT DIET

A grapefruit before each meal is believed to kickstart your metabolism and burn fat.



THE MASTER CLEANSE

1940s



Cocktail of hot water, lemon juice, maple syrup and cayenne pepper claims to detoxify the liver.

1950s

THE CABBAGE DIET

Week long diet of cabbage soup 3 times a day promised to trim waist down.



THE POINT SYSTEM DIET



Weight Watchers program focuses on replacing calorie counting with a points system.

1960s

THE SLEEPING BEAUTY DIET

Voluntary sedation for up to 20 hours to avoid eating.



THE COOKIE DIET

Eating cookies with a unique blend of amino acids claims to curb hunger.

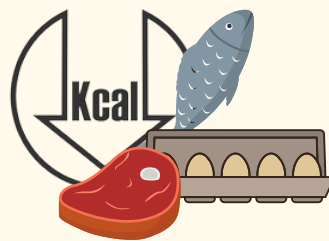
THE PILL DIET

Primary ingredient in diet pills is amphetamine which has a side effect of appetite suppression.



THE SCARSDALE DIET

A two week diet encouraging 1000 calories per day and high-protein consumption.



'FIT FOR LIFE' DIET

Based on the theory that protein and complex carbs should not be combined.



1980s

THE SLIMFAST DIET

According to their website, "2 meals with SlimFast shakes, 3 100-calorie snacks and a sensible meal" can help achieve weight loss.



THE ATKINS DIET

Developed in the 1970s, the low-carb, high-protein diet moves the body into ketosis and burn stored fat.

THE KETO DIET

Low-carb, high-fat diet encourages the body to burn fat instead of carbs.



1990s

THE LOW FAT DIET

Fat-free products fill the shelves as it is believed that eating fats make you 'fat'.



2000s

THE RAW FOOD DIET

Consumption of uncooked, unprocessed organic foods boosts digestion and fights chronic disease.



THE GLUTEN-FREE DIET

Breads, pasta and other carbs are deemed bad for the intestinal tract, even for those without celiac disease.



THE JUICING DIET

Replacing juices for meals is seen as a way to get daily fruit and vegetable intake and to detox the body.



2010s

THE PALEO DIET

Follows the diet of our ancient ancestors, relying on lean protein to feel full and improve digestion.



2020s

THE CLEAN EATING DIET

Eating less processed food and more plant-based wholefoods for physical and mental energy.

