Nutritionist rates fads

Diets for the daring, the dubious, the duped

By Nancy Lundy

Richard Simmons may "never say diet," but just about everyone in America does. A potential griller could go on a different diet every week and still have a few left over to choose from.

What's the best way to evaluate the current diet trend? Dr. Judith Simonds, professor of nutrition at the University of California at Davis and director of the Food Intake Laboratory, has some guidelines. Simonds spoke to me recently as a new diet was announced on the front pages of the newspapers.

"You'd like to let your friends, for instance, know how many calories you are burning," Simonds said. "You'd like to let them know what you are eating."

She recommended consulting a doctor. "You'd like to talk to your doctor about what you are eating," she said.

"People should stay away from fad diets," Simonds said. "You can't just stick to a strict diet and expect to lose weight forever." She recommended consulting a doctor about what you are eating.

Simonds is speaking from experience in evaluating diets. She has been evaluating fad diets for the past 20 years. She has evaluated more than 100 fad diets, including the Johnson & Johnson diet, the Atkins diet, and the South Beach diet. She has studied the effectiveness of these diets and their potential health risks.

Simonds said that the Johnson & Johnson diet is a good example of a fad diet. The Johnson & Johnson diet is a low-carbohydrate, high-protein diet. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more protein. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more protein.

However, Simonds said that the Johnson & Johnson diet is not effective in the long term. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more protein. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more protein.

Simonds said that the Atkins diet is a good example of a fad diet. The Atkins diet is a low-carbohydrate, high-fat diet. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more fat. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more fat.

However, Simonds said that the Atkins diet is not effective in the long term. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more fat. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more fat.

Simonds said that the South Beach diet is a good example of a fad diet. The South Beach diet is a Mediterranean diet. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more healthy fats. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more healthy fats.

However, Simonds said that the South Beach diet is not effective in the long term. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more healthy fats. The diet is supposed to help you lose weight by cutting back on carbohydrates and consuming more healthy fats.

Joni Mitchell enchants crowd at Assembly Center

By Mike Allen

Joni Mitchell, the folk/rock duo, performed to a packed house at the Assembly Center in downtown Toms River on Wednesday night.

The crowd was captivated by Mitchell's powerful voice and her ability to connect with the audience. She performed a variety of songs, including hits from her latest album, "Both Sides Now." The audience was on their feet, singing along with every song.

The performance was a highlight of the festival, which is held annually to celebrate the diverse musical talent in the area. The festival draws thousands of attendees each year and features a wide variety of artists across multiple genres.

Joni Mitchell is known for her soulful vocal delivery and her ability to connect with the audience. She has been a staple of the folk/rock scene for over 50 years and has released numerous albums throughout her career.

Her latest album, "Both Sides Now," was released in 2019 and received critical acclaim. The album features a mix of acoustic and electric elements, and Mitchell's voice shines through in every track.

The performance was a testament to Mitchell's longevity in the music industry, and it was clear that she still has the ability to captivate audiences with her talent and charisma. Overall, it was an impressive performance that left the audience wanting more.