

Weight Watchers, Slim-Fast tip the scales in diet review

THE ASSOCIATED PRESS

Meetings and shakes trump counting carbs when it comes to long-term weight loss, according to a recent analysis of diets by Consumer Reports magazine.

The publication, best known for rating cars and electronics, put Weight Watchers, with its support group meetings, and Slim-Fast, whose shakes let you opt out of cooking, at the top of the heap.

The ratings were based on pounds lost, nutrition, how easy the diet was to follow and dropout rates after six months and a year.

Though low-carb diets have dominated headlines, the highest marks went to Weight Watchers, which uses weekly meetings to reinforce its decidedly simple philosophy — eat less and exercise more. After a year, its followers were far more likely to stick with the plan.

Weight Watchers did not, however,

earn the strongest scores on weight loss, a distinction that went to second-ranked Slim-Fast, which replaces parts of two meals a day with shakes and bars.

Atkins, which has led the low-carb charge, got good scores for short-term weight loss, but landed at the bottom of the ratings because of poor marks on retention and nutrition.

The report, released in the magazine's June issue, said the Atkins diet calls for too much fat and saturated fat, too few fruits, too little fiber and "might have a negative effect on some dieters' health."

Colette Heimowitz, vice president of education and research at Atkins Nutritionals, criticized the study, saying it focused only on Atkins' weight-loss components, ignoring its more flexible weight maintenance stages.

The magazine's conclusions are based on a review of published clinical research on each diet and a nu-

trient and calorie analysis of a week's worth of menus, including how closely they follow federal dietary guidelines.

Heimowitz took issue with the use of the dietary guidelines as the nutritional bar, saying those standards are intended for maintaining a healthy weight, not losing fat.

All of the diets reviewed are low enough in calories to produce results, but success relies on sticking to the plan, said Nancy Metcalf, a senior editor at Consumer Reports.

That accounts for the strong showing by Weight Watchers, which backs up a flexible, low-calorie, low-fat approach with weekly motivational meetings, Metcalf said.

"We are not necessarily the fastest kids in town, but we're livable and sustainable, and we feel that's very important," said Karen Miller-Kovach, chief scientist at Weight Watchers.

Weight Watchers and Slim-Fast top diets

According to a recent analysis of diets by Consumer Reports magazine, Weight Watchers and Slim-Fast are the most effective diets.

DIETS	AVERAGE DAILY CALORIES	Fruits and veggies**					
		Grams of fiber*					
		% OF CALORIES					
		Protein	Carbohydrates	Saturated fat	Fat		
Weight Watchers	1,450	24	7	56	20	20	11
Slim-Fast	1,540	22	6	57	21	21	12
Zone (men's menu)	1,660	27	7	42	30	21	17
Ornish (Eat More, Weigh Less)	1,520	6	1	77	16	31	17
Atkins (Ongoing weight loss)	1,520	60	20	11	29	12	6
Atkins (Induction)	1,640	61	19	8	31	8	6
eDiets	1,450	23	5	53	24	19	12
Jenny Craig	1,520	18	7	62	20	16	6
South Beach (Phase One)	1,530	51	14	15	34	9	12
South Beach (Phase Two)	1,340	39	9	38	22	19	13
Volumetrics	1,500	23	7	55	22	20	14

*Per 1,000 calories

**Daily servings

*Per 1,000 calories **Daily servings

IN BRIEF

Senate OKs bill to develop wellness policies in schools

SALEM — The Senate on Tuesday passed what some called a watered-down version of a bill that would have banned junk food in schools but now directs school districts to develop wellness policies.

The bill's transformation drew harsh criticism from student advocates and some lawmakers, who said the bill was gutted to appease interest groups and school districts, which get money from vending machine sales.

But supporters said the bill, which reinforces a similar federal law, is a necessary step in getting parents and school officials involved in student eating habits.

The bill passed 20-9 and was sent to the House.

"I think that this bill would have been a feel-good bill if all we would have done is ban certain foods," said Sen. Vicki Walker, D-Eugene, who introduced the bill to the Senate.

Under the bill, school districts would need to form wellness policy

councils, consisting of parents and school officials, who would decide districtwide standards on nutrition in the school. The districts would then submit reports to the state before the 2006-07 school year begins.

The similar federal law applies only to schools that participate in the federal free lunch program. There are 17 districts in Oregon that do not participate in that program, Walker said.

Walker said the state law also adds some requirements, such as the wellness councils, which she said will get parents and school officials thinking about childhood obesity.

But some lawmakers were unhappy with the bill.

Sen. Bill Morrisette, D-Springfield, said it failed to address the problem of childhood obesity.

"Schools do not lose money when they change products in the machines," Morrisette said, arguing for the ban on junk food in schools. He said more work will be done next session to try to get a stronger bill passed.

Senate Republicans also criticized the bill, calling it an unfunded mandate on schools that are already underfunded.

— The Associated Press

FROM THE UNDERGROUND



TRAVIS D. RODERICK | FREELANCE PHOTOGRAPHER

Underground rappers Abstract Rude and Aceyalone rocked the mic in tandem at the WOW Hall on Monday night. The duo is on tour with a large collective of its Project Blowed labelmates, all of whom shared the stage before heading to Bend on Tuesday.

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