

# DO IT & DIET

## Dieting Gets Personal

(NAPSA)—Whether you're looking to shed pounds or lose inches, the first step is to find a diet that fits.

"People tend to choose diets based on what has worked for their friends, often without taking into account what will work for them," says Dr. Howard Rankin, Ph.D. "The key is to think about your personal tastes, diet needs and schedule, and then choose a diet accordingly."

**diet television™**

HOME PAGE | VIEW ALL DIETS | DIETFINDER |    
see a list of diets

**dietfinder™**  
Have the sliders find the best diet for you.

**mydietingneeds** 100% GREAT VERY IMPORTANT

**quick weight loss**

**feeling healthier**

**simple rules**

**great tasting food**

**eat whenever I'm hungry**

**easy to eat out**

**affordable**

**myfoodneeds** 100% GREAT VERY IMPORTANT

**bread, pasta & sweets (carbs)**

**red meat**

**fruits & vegetables**

**cheese & milk**

**alcohol**

I'm most interested in ratings by:  
 women  men

Age: 25 to 50

Weight: 100 to 250

**Top 5 matches** (based on dietchannel™ user reviews)

1. **Raw Food Detox Diet** 100% match SEE RATINGS & REVIEWS
2. **L.A. Shape Diet** 89% match SEE RATINGS & REVIEWS
3. **Arnold Diet** 88% match SEE RATINGS & REVIEWS
4. **Japanese Women Diet** 86% match SEE RATINGS & REVIEWS
5. **Rice Diet** 84% match SEE RATINGS & REVIEWS

6-15	<b>Derm Reem Diet</b> 84%	16-25	<b>Whole Grain Diet</b> 81%
	<b>SELF Beach Your Goal</b> 84%		<b>Weight Watchers</b> 80%
	<b>Slim-Fast Carolina Diet</b> 83%		<b>Gold Coast Diet</b> 80%
	<b>Alm Diet</b> 83%		<b>Silence, Sea Diet</b> 80%
	<b>Fast Food Diet</b> 83%		<b>Lean Plate Club</b> 79%
	<b>Nutrisystem</b> 83%		<b>Mediterranean Diet</b> 79%
	<b>Mayo Clinic Plan</b> 83%		<b>French 30/1 Diet Plan</b> 78%
	<b>3-Hour Diet</b> 82%		<b>Marini Diet</b> 78%
	<b>Picture Perfect Diet</b> 81%		<b>French Women Diet</b> 78%
	<b>Gold Diet</b> 81%		<b>No-Fast Diet</b> 78%

26-35	<b>Galina Mindfully Diet</b> 77%	36-45	<b>How Rich Get Thin Diet</b> 72%
	<b>Curves Diet</b> 77%		<b>Macrobiotic Diet</b> 70%
	<b>You Are What You Eat Diet</b> 76%		<b>No Flour, No Sugar Diet</b> 70%
	<b>No Grain Diet</b> 74%		<b>Macaroni Diet</b> 66%
	<b>Bob Greene Diet</b> 73%		<b>Sugar Rush Diet</b> 66%
	<b>Zone Diet</b> 73%		<b>Scappellato Solution</b> 66%
	<b>Bread For Life Diet</b> 73%		<b>Fastina Diet</b> 64%
	<b>SELF Diet Club</b> 73%		<b>Willitt Diet</b> 62%
	<b>Serena Diet</b> 73%		<b>South Beach Diet</b> 61%
	<b>Dr. Phil's Diet</b> 73%		<b>Strain Diet</b> 60%

Now showing 45 of the 47 diets. [View all 47](#)

**Highlight a diet**    
see where a specific diet ranks

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## A new Web site helps you choose the diet that's right for you.

A new Web site might help. Called DietTelevision.com, it features a DietFinder tool that lets people rate dieting priorities, such as the importance of great-tasting food or affordability when dieting. Users rate the food groups based on taste, and the top five suggested weight-loss programs are automatically generated. Rather than promoting a single solution, the site helps people pick from more than 50, as they search expert recommendations and user reviews. Plus, the site encourages recommendations, ratings, rants and raves from real people who have lived on the diets—meaning users can weigh real-life experiences with experts' objective opinions.