Research any 2 diets or diet trends/fads that exist. Describe and critique the two diets.  Is it healthy, why or why not? Is it sustainable? Is it something people can easily do? How can this diet impact a person’s health? Content should include the descriptions of the diets, comparisons, advantages, disadvantages, and your opinion regarding your researched diets. Limit your direct quotes to no more than 2 and do not copy text of foods directly from a table or listing.

The paper must have an intro, body paragraphs, and a conclusion. The paper must have at least **4 credible** references throughout your paper. Using APA referencing, you must reference within the text of your paper as well as have a bibliography page. Your minimum of **4** resources must be from a minimum of two sources like textbook, books, or professional journals (which can be accessed via online IU library).  You may use the IUB libraries journals and professional sources as your 2 sources from textbooks, books, or professional journals. The other 2 sources can be from specific websites that are sponsored by the diet creators.

The paper should be 3 full content filled pages, type written, size 12 point font, double spaced, 1 inch margins all around and include a separate title page and separate bibliography page (title and bibliography pages don’t count as 1 of the 3 full typed pages). You are required to reference within the text of the paper using APA formatting.  Copying and pasting or cutting and pasting information from websites or sources is considered plagiarism. You must put concepts or ideas into your own words and then reference within the text of your paper. Buying papers is also considered cheating and appropriate action will be taken in any situation considered cheating. If you have questions about how cheating is defined, please see your instructor or the Student Code of Ethics handbook (site found on syllabus). **NO emailed papers are accepted.** 10 points per day will be deducted per day (not just class meeting days) for late papers starting on the due date at 1:15 pm.  Rubric for paper on Canvas for your reference.