[Case Study—Low Carb Diets and Weight Loss](https://moodle.tru.ca/course/view.php?id=7042&section=21" \l "bootstrapelements64146)

Introduction

Read the following case study and answer the associated questions.

Case Study

Rick is a 22-year-old varsity soccer player. He would like to lose 20 pounds by the end of the season, which is 3 months away, because he thinks it will give him more energy. His coach tells him about the Atkins diet, and confesses that it helped him lose weight quickly in the past. Rick reads about the diet and finds out that he can eat all the meat, cheese, and eggs he wants, and just has to cut out carbs. It seems easy enough and promises fast weight loss. He has heard you took a nutrition course and comes to you for advice.

Instructions

* + 1. Go to the [Atkins diet homepage](https://www.atkins.ca/). Browse through the program phases, and view the meal plans provided for each phase. How does Atkins compare to the recommendations concerning intakes of carbohydrates?
		2. What health implications might arise if Rick decides to follow the Atkins diet?
		3. Do you think the Atkins diet will help improve Rick’s energy?
		4. Would you recommend Rick follows the Atkins diet? What healthy weight loss tips would you give him?

**Write your answers in a Word document of no more than 1000 words.**

Suggested Grading Rubric

Here is a set of guidelines to help you set goals in your assignment and interpret the grades you receive:

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|   | **Exceeds Expectations****(3 marks)** | **Meets Expectations****(2 marks)** | **Does Not Meet Expectations****(0–1 mark)** |
| **Comprehensiveness** | The student provides detailed responses for all questions. | The student provides responses for all questions. | The student provides incomplete responses for some questions. |
| **Understanding** | Responses are clear, precise, and accurate. | Responses are mostly clear, precise, and accurate. | Responses lack clarity, accuracy and/or precision. |
| **Application** | The student applies knowledge and theory to new contexts with superior skill. | The student applies knowledge and theory to new contexts well. | The student fails to convincingly apply knowledge and theory to new contexts. |
| **Technical Merit** | Spelling and grammar are accurate. Sentences and paragraphs are well-constructed. | Minor and/or few spelling or grammatical errors exist. Sentences and paragraphs are mostly well-constructed. | Several spelling or grammatical errors exist. Sentences and paragraphs are not well-constructed. |

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