

Celebu-Diet Myth-o-Meter - May 2008

Contributed by Skinny Myths

Celebu-Diets – plus the myths and lies surrounding them – bounce around the Internet at lightning speed. SkinnyMyths.com, and its Celebu-Diet Myth-o-Meter brainchild, exposes the myths hitting the American digital radar in May.

While Paris Hilton doesn't endorse the Red Bull Diet, online buzzsmiths accuse her of lunching only on Red Bull and Water to lose weight. Young women devour the Internet for any celebrity news and become easy prey to these myths – the outcome entirely unhealthy.

The Red Bull Diet tops May's Myth-o-Meter with Paris Hilton being the celebrity most associated with the diet.

Celebu-Diet Myth-o-Meter May, 2008 (worst-to-best)

1. Red Bull Diet (Paris Hilton)
2. Protein Separation Diet (Maria Carey)
3. Coffee Boost Diet (Olsen Twins)
4. British Facial Analysis Diet (Kate Winslet)
5. Adderall Diet (Britney Spears)
6. White Food Diet (John Cusack)
7. Martha's Vineyard Detox (Robin Quivers)
8. Boiled Egg Diet (Renee Zellweger)
9. Tea Diet (Rachel Ray)
10. Master Cleanse Diet (Beyonce Knowles)

May 2008 Google Media Share x Wellness Score indexed by average of MS x WS

Is Britney Spears on an Adderall diet? What about John Cusack's White Food Diet? The Olsen Twins have been accused of drinking loads of coffee to stay slim? SkinnyMyths.com doesn't verify whether or not the celebrities actually use these tactics to stay razor thin on the red carpet, but celebrity popularized diets may inadvertently be keeping America overweight with mythical nutrition.

About the Celebu-Diet Myth-o-Meter

We thought it would be a fun way to help consumers dismiss many of these celebrity-associated diets. Each month, SkinnyMyths.com tracks online buzz about fad diets using online news data, blogosphere data, and a qualitative score of the diet's quality from our team of nutritional experts, producing the myth-o-meter index. For example, the Red Bull Diet may force somebody to lose weight, and received buzz in one month, but it receives a 1 because it is very unhealthy to build a well-rounded nutrition program around it. Others like the Boiled Egg Diet receive 8 out of 10 because of its more sensible ingredients.