

The 'Subway Diet': believable or bologna?

BY PAUL COLLINS
THE CHRONICLE

Jared Fogle lost more than 200 pounds on what he calls his Subway Diet, eating little more than a 6-inch turkey sub for lunch and a foot-long veggie sub for dinner.

TV viewers may have seen Subway advertisements (and subsequent interviews on major TV shows and radio) in which Fogle told his story.

More recently, Subway has run advertisements featuring five people selected from a database of people who wrote to Subway about their weight-loss accounts — who say they were inspired by Fogle's weight loss.

A recent company news release says, "The five individuals who were selected to share their stories of how Jared, Subway and an exercise program changed their lives are: Zoe Girmelli (lost 147 pounds), Toronto, Ont., Canada; Pamela Blakeman (60 pounds) Springfield, Ill.; Kimberly Johnston (103 pounds), Dublin, Va.; Toby Norman (91 pounds), North Platte, Neb.; and Sean O'Kane (98 pounds), Oakwood, Ill. Combined they lost an astonishing 499 pounds!"

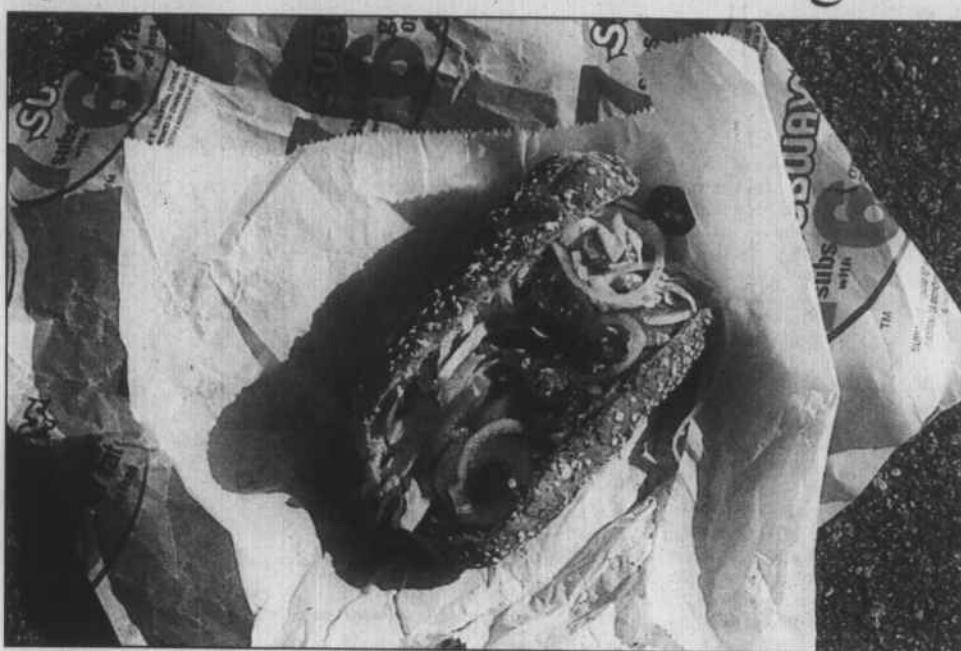
But is the so-called Subway Diet diet really a smart way of losing weight?

In a December 2000 news release from the company, Subway corporate dietician Lanette Roulhier stressed that the chain does not endorse the "Jared Diet." "It's great that it worked for him but I would rather he had eaten a balanced breakfast and more fruits and vegetables," said Roulhier. She added that individual needs vary and dieters should always consult with their physician and/or dietician before embarking on a weight loss program.

A company news release in November 1999, said, "As Subway's TV spot makes clear, Fogle's diet was his own creation, and it would not be appropriate for everyone."

The news release also said: "We're proud of Jared's accomplishment," says Chris Carroll, director of marketing for the Subway Franchisee Advertising Fund Trust, "and we are proud to have played a part in it."

A recent listing on Subway's web page about the five new people Subway selected to tell their weight-loss stories, contains the disclaimer: "Sean, Kimberly and Toby all lost weight by exercising and eating a balanced, reduced-calorie diet that included Subway sandwiches with 6 grams of fat or less. Their results are



A six-inch veggie sub from Subway.

Photo by Paul Collins

not typical. Your loss, if any, will vary. Consult your physician before beginning any weight-loss program. Regular 6-inch Subway Club (3.9 grams of fat), roasted chicken breast (5.7 grams), ham (4.2), roast beef (3.7) Veggie Delite (2.5 grams), turkey breast and ham (4.0 grams) and turkey breast (3.5 grams) pre-

Diet "you either eat one or two six-inch sandwiches as your main meals a day. Someone could eat a Subway sandwich for lunch or dinner or both."

"That kind of diet is known as portion control diet. It's similar to other types of diets, like Slimfast, where one or more of your meals, you eat a certain food every day.

rather than fat tissue." He said that could cause your metabolism to slow, which would make it harder for you to lose weight. "All diets have that potential if you lose weight too fast," he said.

Fiber, calcium, iron, zinc, vitamin A are nutrients that people might not get enough of if they don't eat balanced diets, Miller said.

"What they could do is take a general one-a-day type supplement, which would help replenish some of what they are missing," he said. But, he added, "A pill doesn't replace everything you need."

Miller said, "Looking at the web page for subway, the nutritionist for the company, she doesn't promote it (the diet) as a good weight loss type of tool, because of the same concerns I brought up. She says by just following this type diet you'd be missing some types of nutrients."

Miller's advice for weight loss: "Eat all your food groups; follow the food pyramid, watching portion sizes and eating a good overall healthy-type of diet. There's not a magical food that's going to cause you to lose weight. Eating fewer calo-

See Subway on A9

'There's not a magical food that's going to cause you to lose weight. Eating fewer calories will cause weight reduction and exercising is an important part too.'

— Gary Miller, WFU assistant professor

pared according to standard recipes with Italian bread or wheat, meat, onions, lettuce, tomatoes, pickles, green peppers and olives, and without cheese or condiments (eg. mayonnaise). Customer requests to modify standard recipes or add cheese or condiments may increase fat or calorie content...."

Gary Miller, a Wake Forest assistant professor of health and exercise science who specializes in nutrition, said that with the so-called Subway

Those kinds of diets can have success in getting weight off....People abide by it and you lose weight by eating less than you need."

Miller is concerned that people who eat nothing but one or two low-fat Subway sandwiches will not get enough nutrients (vitamins and minerals) and potentially will not get enough calories. Too few calories can cause you to lose weight too fast. "When you lose weight too fast, you lose a lot of your lean tissue, like mus-

The Chronicle gets new managing editor

BY PAUL COLLINS
THE CHRONICLE

A familiar face, T. Kevin Walker, has been named managing editor of The Chronicle.

Walker has worked at The Chronicle as a reporter since August 1998 and has run the news department in recent months.

In announcing Walker's appointment as managing editor, Ernest H. Pitt, publisher/co-founder of The Chronicle, said: "I'm really happy that we were able to fill this position with someone within our organization. Kevin is a professional. He's a journalist and a very capable young man. And I'm deeply proud that we're able to make this opportunity available for him as he pursues his career. And I'm proud that he chose The Chronicle."

"He's done an outstanding job thus far running the news room and coordinating our news efforts, and I have all the confidence in the world that he will...continue to deliver the kind of product that our community will be proud to support."

"He will be in charge of the news department...He'll have editorial responsibilities. He'll have news coverage responsibilities, and he'll work with the other news and production staff members to improve our product and make sure that we continue to serve our community."

Walker said this is his "first real" job since graduating from the University of North Carolina at Chapel Hill School of Journalism and Mass Communications. Walker also is a graduate of Forsyth Technical Community College.

After writing six stories for The Chronicle as a freelancer, Walker was offered a full-time position as a reporter.

"I've always enjoyed working here at The Chronicle; this is an African-American newspaper with a rich, rich tradition," Walker said.

"Every time I come in here and I look at all the awards on the wall, it just really makes me feel proud that I work here, and makes me feel proud of the work we're doing. I know that there's a very, very strong tradition of managing edi-

tors here at The Chronicle. A lot of great people have held this position. I'm hoping to fill their shoes well."

"We are going to try to... give the community the best product possible. We feel that there's a lot in Winston-Salem that doesn't get covered by other media outlets. We want to do that. We want to provide coverage to people that would otherwise be ignored."

Walker was born in Sumter, S.C., but has lived in Winston-Salem for more than 12 years.

Walker moved up here (to Winston-Salem) when I was in fifth grade. I started sixth grade here, so Winston-Salem is home."

At age 26, Walker is just a few months younger than The Chronicle, which started publishing in September 1974.

Walker has won awards for his writing from the N.C. Press Association and the National Newspaper Publishers Association. Recently, Walker won NCPA awards in the news enterprise reporting and general news reporting categories, along with Chronicle sports editor Sam Davis and former Chronicle reporter Cheri Hodges.



Walker

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