**EDIETS COM INC** 

Form 5

February 06, 2003

SEC Form 5

## **OMB APPROVAL** FORM 5 **UNITED STATES SECURITIES AND EXCHANGE COMMISSION** [ ] Check this box if no Washington, D.C. 20549 longer subject to Section 16. Form 4 OMB Number: 3235-0362 or Form 5 obligations may Expires: January 31, 2005 ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP continue. Estimated average burden See Instruction 1(b). hours per response. . . . . 1.0 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section [ ] Form 3 Holdings 17(a) of the Public Utility Reported Holding Company Act of 1935 or Section 30(f) of the Investment Company Act of 1940 [ ] Form 4 Transactions Reported Name and Address of Reporting Person\* 2. Issuer Name 4. Statement for 6. Relationship of Reporting Person(s) to McCourt, Ciaran and Ticker or Trading Symbol Month/Year (Check all applicable) eDiets.com, Inc. 12/2002 (First) (Last) edet.bb X Director \_ 10% Owner (Middle) Officer (give title below) \_ Other c/o eDiets.com, Inc. (specify below) 3801 W. Hillsboro Blvd. 3. I.R.S. Identification 5. If Amendment, Number of Reporting Date of Original Description Person, if an entity (Street) (Month/Year) (voluntary) Deerfield Beach. FL 33442 7. Individual or Joint/Group Filing (Check Applicable Line) (City) (State) (Zip) X Form filed by One Reporting Person Form filed by More than One Reporting Person Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security 2A. Deemed 4. Securities 5. Amount of 6. Owner-2.Transaction Nature of (Instr. 3) Date Execution Date, if Transaction Acquired (A) or Securities ship Indirect (Month/Day/Year) any Code Disposed Of (D) Beneficially Form: Beneficial (Month/Day/Year) (Instr. 8) Owned at end Direct (D) Ownership (Instr. 3, 4, and 5) Issuer's Fiscal Indirect (Instr. 4) Year (Instr. 3 and (Instr. 4) Amount A/D Price Common Stock //\$ 1,000 D

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)										
1. Title of Derivative Security (Instr. 3)	sion or Exercise Price of Deri-	Transaction Date  (Month/ Day/ Year)	3A. Deemed Execution Date, if any (Month/ Day/	Transaction Code (Instr.8)	of	and	Amount of Underlying Securities (Instr. 3 and	8. Price of Derivative Security (Instr.5)	Securities Beneficially Owned at End of Year	Securities:

## Edgar Filing: EDIETS COM INC - Form 5

			Year)		Of (D) (Instr. 3, 4 and 5)				,	or Indirect (I) (Instr.4)
					A or D	DE / ED	Title / Amount or Number of Shares			
Stock Option - right to buy	\$1.09	10/23/2002		А	25,000 A	10/23/2002 / 10/23/2007	Common Stock / 25,000	-	25,000	D

**Explanation of Responses:** 

By: Date: /s/ Ciaran McCourt

02/06/2003

\*\* Signature of Reporting Person SEC 2270 (09-02)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not

required to respond unless the form displays a currently valid OMB Number.

 $<sup>^{\</sup>star}$  If the form is filed by more than one reporting person, see Instruction 4(b)(v).

<sup>\*\*</sup> Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).