

Analysis of Popular Diets

Nicole Langone M.S.
IG @nutritionnix
nutritionnix@gmail.com

What makes a diet successful?

- Weight Lose – Long Term & Short Term
- Feeling Motivated
- Disease Prevention
- Attainable Goals
- Realistic Challenges
- Exercise
- Nutrient Balance
- Happiness

Popular Diets

Weight Watchers

South Beach

D.A.S.H.

Atkins

Paleo

Mediterranean

Gluten Free

FAST

Weight Watchers

- Overview:
 - SmartPoints program assigns foods points based on their nutritional values. You get a set number of SmartPoints per day depending on your height, weight, gender, and age.
- What Science says:
 - Positive
- What you can eat:
 - Anything within points limits
- What to avoid:
 - Anything that puts you over pints limits

South Beach

- Overview:
 - A three phase diet plan
- What Science says:
 - Positive & negative
 - Focus on whole foods
 - Eliminates entire food groups
 - Initial & large amount of weight loose
- What you can eat:
 - Some fruits & vegetables
 - Whole Grains
 - Lean protein
- What to avoid
 - Sugars
 - White Starches

D.A.S.H.

- Overview:
 - Dietary Approaches to Stop Hypertension (DASH) designed to lower blood pressure. Cutting sodium intake by stopping the consumption of sugary foods and red meats and eating more whole grains, lean proteins, and produce.
- What Science says:
 - Good: Public health experts routinely praise this diet as one of the most effective.
- What you can eat:
 - Fruits, Vegetables, Low-Fat Dairy, Whole Grains
- What to avoid:
 - Salt, Sugar, Red Meat

Atkins

- Overview:
 - Eating very little or no carbs.
- What Science says:
 - Good: Has become more favorable over the last decade with supporting research.
- What you can eat:
 - Fruits, vegetables, proteins, & dairy
- What to avoid:
 - Grains

Paleo

- Overview:
 - Eat foods that our ancestors could allegedly hunt or gather. This eliminates no cultivated grains or livestock.
- What Science says:
 - Mixed: Research doesn't support that Paleo is any more affective than any other calorie cutting diet but yet it is still viewed as beneficial to metabolic disease prevention because of the elimination of processed foods.
- What you can eat:
 - Foods that can be hunted, fished, or gathered.
- What to avoid:
 - Chicken, Grains, Dairy, Processed foods

Mediterranean

- Overview:
 - Eat plant based, high fiber meals that focus on whole grains, nuts, and fish. Eat very little red meat, sweets, eggs, & butter.
- What Science says:
 - Good: Research supports following the Mediterranean Diet can help lower risks of heart disease, stroke, high blood pressure, and type 2 diabetes. Helps loose weight, but needs to be come a life style.
- What you can eat:
 - Fruits, Vegetables, Red Wine, Fish, Olive Oil, Whole Foods, Nuts
- What to avoid:
 - Sweets, butter, processed grains, red meat

Gluten Free

- Overview:
 - Avoid all grains, including bread, cereal, wheat, barley, and rye.
- What Science says:
 - Mixed – True Celiac Disease needs gluten removed from the diet to reduce the bodies attack on itself. Removing gluten from the diet for weight lose purposes too is beneficial but must be careful not to lose some key vitamins & minerals.
- What you can eat:
 - Fruit, vegetables, protein, and dairy.
- What to avoid:
 - Grains

FAST

- Overview:
 - Five days a normal diet plan and two days a restricted caloric diet.
- What Science says:
 - Mixed: Short term & intermittent fasting can have benefits such as weight lose, inflammation reduction, fewer disease onset, but long term results are not as strong.
- What you can eat:
 - Lots of fruit & veggies, fresh fresh, whole grains. Fresh squeezed juices and smoothies.
- What to avoid:
 - Saturated fats, processed foods, & high sugar fruits & enriched grains.

Other

- Raw
- Vegetarian/Vegan
- Alkaline Diet

Questions...