

POPULAR DIETS

Explained



the **GOOD**

IT'S EASIER THAN YOU THINK.

EAT 
BREAKFAST

EAT THE RECOMMENDED
2-3 SERVINGS
OF FRUITS AND VEGETABLES
DAILY



AIM FOR **BALANCE**

in your meals by including
protein, whole grains, and fill

1/2 YOUR PLATE WITH
FRUITS AND
VEGETABLES

WATCH YOUR **PORTION** SIZE



Visit choosemyplate.gov for more details
on recommended portion sizes.

the **FAD**

CAREFULLY CONSIDER THE
PROS & CONS.

INTERMITTENT FASTING WHAT IS IT?

Intermittent fasting involves cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating. It is promoted to change body composition through loss of fat mass and weight, and to improve markers of health that are associated with disease such as blood pressure and cholesterol levels. Prolonged very low calorie diets can cause physiological changes that may cause the body to adapt to the calorie restriction and therefore prevent further weight loss. However, research does not consistently show that intermittent fasting is superior to continuous low calorie diets for weight loss efficiency.

KETOGENIC DIET WHAT IS IT?

The ketogenic diet is a high fat diet, where most meals involve about 75% fat, 20% protein, and 5% carbohydrates. By increasing the amount of fat you consume and decreasing the amount of carbohydrates, your body is forced to use ketone bodies instead of glucose as an energy source. This ultimately helps to burn fat. While one of the benefits of this diet is that it may produce rapid weight loss, it is very important to state this is a *strict* diet. One of its biggest negatives is that it is difficult for most people to sustain over a long period of time. Also, we do not know much about its long-term effects, most likely because it's so hard to stick with. If you're thinking of going "keto" follow the advice of Dr. Mark Hyman of Cleveland Clinic. He highly suggests eating real, whole, fresh foods, including non-starchy vegetables, such as broccoli. In his words, "the carbohydrates in broccoli are much different than a Cola. It's the quality of the food that matters the most."

GLUTEN FREE WHAT IS IT?

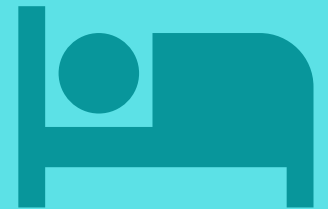
A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, and rye. A gluten-free diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. However, this diet is popular among people without gluten-related medical conditions. The claimed benefits of the diet are improved health, weight loss and increased energy, but there is little research to prove these since most clinical studies have been about the health benefits in the general population.

& the **BAD**

SOUND TOO GOOD TO BE
TRUE? IT PROBABLY IS.

 **0.5 -2 lbs.**
per week is safe
weight loss

- Beware of any diet that promises significant weight loss in a short amount of time
- 0.5 - 2.0 pounds per week is a realistic and sustainable weight loss pace
- Any more than that and you'll likely gain it back if you discontinue the diet



NO magic pill exists
that will help
melt fat while you
sleep

AVOID EXTREME DIETS
and live an overall healthy
lifestyle



Instead of engaging in the next popular diet that would last only a few weeks to a few months, try to embrace change that is sustainable over the long term. A balanced, unprocessed diet, rich in colorful fruits and vegetables, lean meats, fish, whole grains, nuts, seeds, olive oil, and water seems to have the best evidence for a long, healthier, vibrant life.