

The Diet Dilemma

Which one is right for me?

Why So Many Diets?

Every couple of years, a newer, better diet seems to take the spotlight. With so many changing dietary trends, lofty promises, and confusing scientific claims, it can feel like rocket science trying to find a diet that works - and works for you. Let's compare them.



Most Popular Restricted Plans

Paleo

Natural foods of our ancestors.
If a caveman ate it, you will too.

PRO'S:
Can work in social settings
Strong potential for weight loss
Eliminates processed foods

CON'S
Somewhat restrictive
Foods of modern day are different from those of paleolithic

Atkins

Carbohydrate restriction for the purpose of weight loss

PRO'S:
Fast weight loss
Blood sugar control

CON'S
Restrictive
May experience energy lulls
Calculations for carb consumption

Keto

State of ketosis where the body uses fat as fuel rather than glucose

PRO'S:
Fast weight loss
Increased energy
Blood sugar control

CON'S
Very restrictive
Likely not sustainable long term

Level of Carbohydrate Restriction

Risks: High fat/high protein can be hard on digestion over time. Constipation can contribute to nutrient deficiency in some individuals, hypoglycemia is possible if you change to a different type of eating. Additionally, you risk dehydration if you aren't vigilant about your water intake.

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Most Popular Balanced Plans

Mediterranean

A healthy eating plan inspired by the diets of Greece, Southern Italy, and Spain.

PRO'S:

May protect against heart disease
Weight management

CON'S

Portion control is not a focus
Alcohol consumption is encouraged which can conflict with medications.

Whole 30

Whole foods for 30 days to press the reset button on your health.

PRO'S:

Some weight loss
Form some new healthy habits
Reduce excess water retention

CON'S

Short term results
Can feel restrictive with rigid rules

Weight Watchers

Points program based on research to teach portion control and guide to healthy choices.

PRO'S:

Can work for real life situations
Teaches portion control
Community of support
Weight loss

CON'S

Focus on counting points and control
Membership cost
Weekly weigh ins

Level of Restriction/Control

Risks: With all structured diets, disordered eating, poor self-image, rebound weight can all be risks.

Important Questions to Narrow Your Choices

Does this diet encourage healthier choices and portions?

Can this diet fit into my household and social outings?

Can I still enjoy my favourite foods?

Can I do this for the rest of my life?

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While many “diets” can offer short term weight loss, the best weight loss plan is one that you can commit to...forever!

Most Successful Plan!

Clean Eating

Limit processed foods,
eat foods from nature,
follow the 80/20 rule

PRO'S

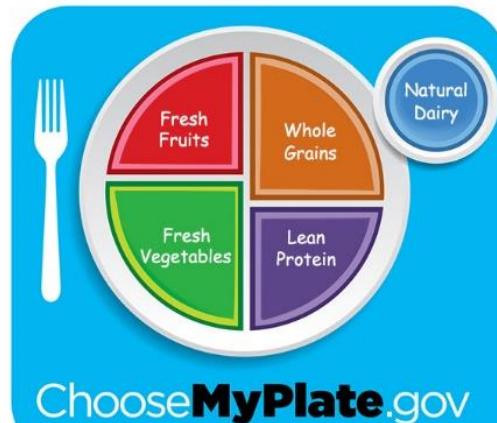
No deprivation
Sustainable
Effective weight loss and management

CON'S

Not a quick fix (and not really a con!)

7 Principles of Clean Eating

- ✓ Minimize processed foods
- ✓ Balance of Protein, Complex Carbs, & Good Fats
- ✓ Limit Trans Fats
- ✓ Eat more fruits and vegetables
- ✓ Eat 4-6 small meals
- ✓ Eat less red meat
- ✓ Drink more water



References:

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