

WHY SO MANY DIETS?

THE DIET DILEMMA

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
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 Carbohydrates 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

CON'S

Focus on counting points and control
Membership cost
Weekly weigh-ins

Level of Control/Restriction

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

Important Questions to Narrow Your Choices

Does this diet encourage healthier choices and portions?

Can this diet fit into my household and social life?

Can I still enjoy my favourite foods?

Can I eat this way for the rest of my life?

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Most Successful Plan

Clean Eating

Limit processed foods
Eat foods from nature
Follow the 80/20 rule

PRO's

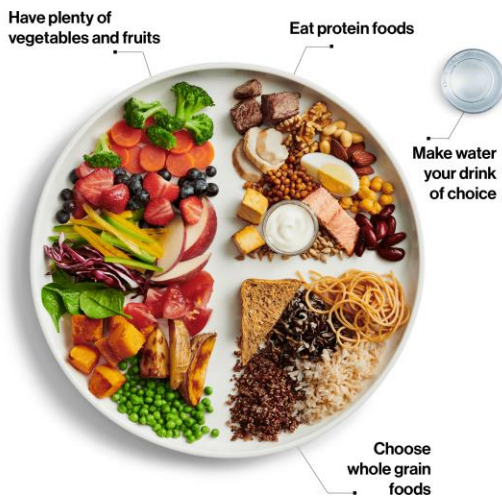
Little to no deprivation
Sustainable
Effective weight loss/weight management

CON's

Not a quick fix - and not really a con!

7 Principles of Clean Eating

- ✓ Minimize processed foods
- ✓ Balance of protein, complex carbohydrates, and good fats
- ✓ Limit trans fats
- ✓ Eat more fruits and vegetables
- ✓ Eat 4-6 small meals
- ✓ Eat less red meat
- ✓ Drink more water



When determining what style of eating will work best for you, it is important to first consult the New Canada Food Guide. The Food Guide uses the science of nutrition to help you make healthy choices and serves to do the following:

- improve health
- meet nutrient needs
- reduce risk of nutrition-related chronic (long-term) diseases and conditions

You can find more information and download your copy at Canada.ca/foodguide.

Sources: www.bluetreehealthtx.com/whats-the-best-low-carb-diet-for-me/
www.news-medical.net/health/ketogenic-diet-side-effects.aspx
<https://www2.hawaii.edu/~jlatner/downloads/pubs/DelinskyLatnerWilson.pdf>
<https://www.cookinglight.com/eating-smart/smart-choices/clean-eating-recipes>