

# 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

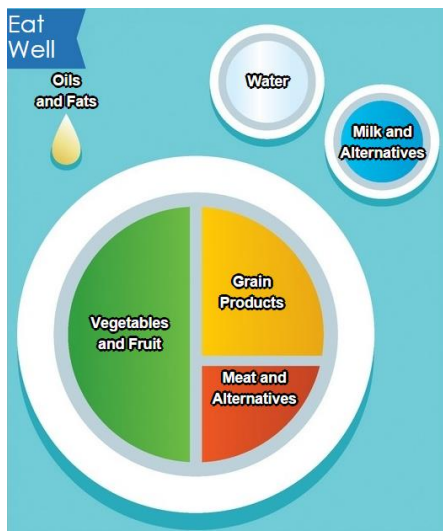
Little to no deprivation  
Sustainable  
Effective weight loss/weight management

#### 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](http://Canada.ca/foodguide).

Sources: [www.bluetreehealthtx.com/whats-the-best-low-carb-diet-for-me/](http://www.bluetreehealthtx.com/whats-the-best-low-carb-diet-for-me/)  
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