

Update on Diets: The Good, The Bad, The Ugly

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Disclosure

- I have no actual or potential conflict of interest in relation to this program/presentation.

Rating the Diets

- Short-term weight loss
- Long-term weight loss
- Diabetes
- Heart
- Ease of compliance
- Nutritional completeness
- Health Risks

Good

Bad

Ugly

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- Mediterranean Diet
 - Paleo Diet
 - Keto Diet

Mediterranean

- Inspired by the eating habits of people living in Italy and Greece in the 1960's
- Incorporates whole grains, fresh fruits and vegetables and beneficial fats
- Weekly consumption of fish and other types of seafood
- Poultry, eggs, yogurt, and cheese eaten in moderation
- Does not eliminate red meats and sweets from regimen but should be eaten only on "Special Occasions"

Paleo

- Developed around the premise that you shouldn't consume foods that cavemen didn't eat.
- Eliminates sugar, dairy, legumes and grains, while emphasizing poultry, meat, fish, fruits and veggies.
- Eliminates processed foods, modern-era foods, "Junk foods"

Keto

- The prescription of fasting for the treatment of epileptic seizures dates back Hippocrates.
- High saturated fat diet so low in carb it mimics the fasting state
- Eliminates sugar, bread, pasta, rice, beans, potatoes, alcohol, processed meats and cheese, fruits, and milk













References

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