

TYPES OF DIET IN THE MARKET

Diet Name	Definition	Nutrient composition	Side Effects
Atkins diet	<p>-It is a low carbohydrate, high-protein Diet.</p> <p>-Atkins is an effective diet that transforms your metabolism from one that stores fat into one that burns fat.</p> <p>-The Atkins diet restricts foods that are known to raise blood sugar and insulin. Limiting carbohydrates forces your body to use fat for energy rather than sugar.</p> <ol style="list-style-type: none"> 1. Rapid Weight loss 2. Improved satiety 3. Improved TG level 4. Improved serum cholesterol 	<p>-It contains Less than 50g CHO per day, high consumption of animal protein.</p> <p>- It consists of 60% fat, 30% protein, and 10% carbohydrates by weight.</p>	<p>Water imbalance, ketosis, appetite suppression, renal dysfunction, nausea, low performance capacity, dehydration, osteoporosis</p> <p>-Not sustainable</p> <p>-High fat content</p> <p>-Detrimental to brain and heart.</p> <p>-Increased risk of CHD.</p>
Zone diet	<p>- It is a diet which promotes hormonal control (insulin, glucagon and eicosanoids) via a specific ratio of protein, CHO and fat intake.</p> <p>-Proponents of the diet claim that once you reduce inflammation, you will lose fat at the fastest rate possible, slow down aging, reduce your risk of chronic disease and improve your performance.</p>	<p>-The Zone Diet instructs its followers to stick to eating a specific ratio of 40% carbs, 30% protein and 30% fat.</p> <p>- The carbohydrate used in the diet should be low glycemic index so that the release of glucose is slow.(vegetables, fruits, whole grains)</p> <p>- The protein should be of a lean source (lean meat, fish, egg whites).</p> <p>- Fats should be monounsaturated fats. (avacado, olive oil, coconut oil).</p>	<p>Vitamin and mineral deficiencies</p>
Paleo diet	<p>-It is referred to as the "Primal", "Caveman" or "Stone Age" diet.</p> <p>-Paleo focuses on real, whole, unprocessed</p>	<p>-The macronutrient distribution of the Paleo diet is not too specific. However, when compared to the normal</p>	<p>- It can get expensive.</p> <p>- You don't eat any grains or dairy which can be good for health and energy.</p> <p>-This diet can be difficult for</p>

	<p>foods. Some Benefits include: Increased and more stable energy levels, Improved sleep, Clearer skin and healthier looking hair, Mental clarity, Less or no bloating, Sustained weight loss, Muscle growth, Lowered risk of heart disease, diabetes and cancer, Higher immune function and a general feeling of well being, Improved glucose tolerance, Improved lipid profiles.</p> <p>- The Paleo diet is anti-inflammatory, and most people experience reduction of pain associated with inflammation.</p>	<p>macronutrient distribution recommendations, it is higher in protein, lower in carbohydrate, and moderately high in fat.</p>	<p>vegetarians, especially since it excludes beans.</p> <p>- Most athletes need between 3 to 6 grams of carbs per pound of their body weight, per day. This would be very hard to do with just fruits and vegetables.</p>
Keto diet	<p>The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in children. The diet forces the body to burn fats rather than carbohydrates.</p>	<p>-A ketogenic diet primarily consists of high-fats, moderate-proteins, and very-low-carbohydrates. The dietary macronutrients are divided into approximately 55% to 60% fat, 30% to 35% protein and 5% to 10% carbohydrates.</p> <p>-Specifically, in a 2000 kcal per day diet, carbohydrates amount up to 20 to 50 g per day.</p>	<p>-Acidosis, hypoglycemia, gastrointestinal distress, dehydration, lethargy, kidney stones, dyslipidemia, decreased bone density.</p> <p>- Minor short-term side effects of ketogenic diet include a collection of symptoms like nausea, vomiting, headache, fatigue, dizziness, insomnia, difficulty in exercise tolerance, and constipation. -These symptoms resolve in a few days to few weeks. Ensuring adequate fluid and electrolyte intake can help counter some of these symptoms.</p> <p>- Long-term adverse effects include hepatic steatosis, hypoproteinemia, kidney stones, and vitamin and mineral deficiencies.</p>
Dukan diet	<p>-The Dukan Diet is a low-carbohydrate, high-protein weight loss program developed by a French physician in the 1970s.</p>	<p>Carb-free, high in protein diet structured in four different phases</p>	<ul style="list-style-type: none"> ● Strict rules ● Missing nutrients ● May negatively impact kidney and cardiovascular health

	<p>-The plan includes four phases—Attack- 20g CHO is allowed, Cruise- 100g fat is allowed, Consolidation, and Stabilization - these are the maintenance phases.</p> <p>-The Dukan Diet is also very low in fat.</p> <p>.</p> <p>Pros</p> <ul style="list-style-type: none"> ● Filling ● Quick weight loss ● Focus on weight maintenance 		
<p>Intermittent fasting diet</p>	<p>-Intermittent fasting is a diet regimen that cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating.</p> <p>- 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.</p> <p>Types</p> <p>-Alternate-day fasting</p> <p>-Whole-day fasting</p> <p>-Time-restricted feeding (16/8- 11.00am - 7.00pm eating time, 20/4- 2pm -6 pm).</p> <p>- 5:2 fasting- only 2 days of fasting with 500-600kcal.</p> <p>Some of the purported health benefits of intermittent fasting include:</p> <ul style="list-style-type: none"> - Weight loss - Lowered blood insulin and sugar levels. - Improved blood cholesterol profile. - Reduction in inflammation. 	<p>-Intermittent fasting can be as simple as extending that fast a little longer.</p> <p>- No food is allowed during the fasting period, but you can drink water, coffee, tea and other non-caloric beverages.</p> <p>-Some forms of intermittent fasting allow small amounts of low-calorie foods during the fasting period.</p>	<p>Individuals with the following conditions should abstain from intermittent fasting:</p> <ul style="list-style-type: none"> ● Diabetes ● Eating disorders (anorexia or bulimia nervosa) ● Use of medications that require food intake ● Active growth stage, such as in adolescents ● Pregnancy, breastfeeding

<p>Detox diet</p>	<p>-Detox diets are widely promoted online and in magazines. Three-day, seven-day, and longer detoxification plans are promoted for weight loss, improved health, and other benefits.</p> <p>-Most plans suggest that you restrict your calorie intake significantly and many propose that you consume only juices or smoothies.</p> <p>-A detox diet is touted to remove toxins from the body. Experts agree that caring for our bodies with a balanced approach to food, along with adequate sleep and movement, supports our natural detoxification systems. -Most often, detox diets are restrictive fad diets that can promote food fear.</p> <p>Pros</p> <ul style="list-style-type: none"> - Better energy - cleanses liver -Weight loss - Better digestion - Skin clearing 		<p>Many consumers choose to go on detox diet programs because they provide quick weight loss. While you are not likely to lose fat on a short-term program, you are likely to lose some water weight, especially on a low-carb detox.</p> <p>And if the detox diet that you choose is very low in calories, you may even gain weight from unhealthy binging after the detox is complete.</p>
<p>Vegan diet</p>	<p>-Veganism is defined as a way of living that attempts to exclude all forms of animal exploitation and cruelty, whether for food, clothing or any other purpose.</p> <p>- The diet consists primarily fruits, vegetables, grains, legumes, nuts and seeds.</p> <p>-For these reasons, the vegan diet is devoid of all animal products, including meat, eggs and dairy. The natural tendency to eat fewer calories on a vegan diet may be caused by a higher dietary fiber intake, which can make</p>	<p>To maintain / Moderate workout: 50% Veggie/ fruit 30 % Protein 20% Starch</p> <p>To gain muscle/ Heavy training: 40% Veggie/ fruit 30 % Protein 30% Starch</p> <p>To lose weight: 60% Veggie/ fruit 25 % Protein 15% Starch</p>	<p>Nutrient deficiencies. vegans are at a higher risk of having inadequate blood levels of vitamin B12, vitamin D, long-chain omega-3s, iodine, iron, calcium and zinc.</p>

	<p>you feel fuller. Vegan diets are linked to an array of other health benefits, including benefits for:</p> <ul style="list-style-type: none"> - Heart health - obesity - Diabetes risk <p>-Vegans may benefit from a 15% lower risk of developing or dying from cancer</p> <p>-Vegan diets seem particularly effective at reducing symptoms of arthritis such as pain, joint swelling and morning stiffness</p> <p>-Diabetics who substitute meat for plant protein may reduce their risk of poor kidney function</p> <p>- It may help reduce the risk of developing Alzheimer's disease</p>		
<p>Fruitarian diet</p>	<p>-A fruitarian diet is another form of vegan diet followed among vegetarians.</p> <p>-It is, predominately on the consumption of raw or dried fruits, although it can include some nuts, seeds and vegetables such as squash, tomatoes, eggplants, peppers and avocados.</p> <p>Pros Promotes whole, nutritious foods</p> <ul style="list-style-type: none"> ● Helps with hydration ● Good for satiety 	<p>-In this diet at least 50 to 75 percent of your calories must come from raw fruit, such as bananas, papayas, grapes, apples, and berries. -Usually, the other 50 to 25 percent of your calories would come from nuts, seeds, vegetables, and grains.</p> <p>-Strict fruitarians, however, may eat up to 90 percent fruit and just 10 percent nuts and seeds.</p> <p>- A modified fruitarian diet might look like:</p> <ol style="list-style-type: none"> 1. 50 percent fruit 2. 20 percent plant-based protein (tempeh, soy, 	<p>-Deficiencies in protein and calcium are among some of the nutrient concerns with the diet.</p> <p>-Needs for calcium and protein can be met if large amounts of nuts and seeds are consumed.</p> <p>- The fruitarian diet is one of the most restrictive eating patterns out there, and the risk of malnourishment is high, despite the nutritional quality of most fruits.</p> <p>- Risk of nutrient deficiencies and health complications.</p> <p>-Tooth decay</p>

		seitan) 3. 20 percent vegetables 4. 10 percent whole grains (oats, wheat, bulgur, quinoa, etc.)	
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Advantages and disadvantages of Other fad diets

Types	Pros	Cons
Moderate fat, High CHO diet (Weight watchers diet)	<ol style="list-style-type: none"> 1. Reduced saturated fat intake 2. Increased consumption of fruits and vegetables. 3. Significant weight loss 4. Reduction of diabetes risk. 	
Low fat, very high CHO diet (Ornish diet)	<ol style="list-style-type: none"> 1. Possible reduction of cardiovascular disease risks. 	<ol style="list-style-type: none"> 1. Increased TG levels 2. Decreased HDL levels 3. Micronutrient deficiency.
Very low calorie diet (Slim fast)	<ol style="list-style-type: none"> 1. Initiates quick weight loss 2. Improved quality of life 3. Long term benefits if combined with exercise 	<ol style="list-style-type: none"> 1. Enhanced diuresis 2. Electrolyte loss 3. Disturbed acid base balance 4. Should be done only under medical supervision,

Diet For Specific Medical Conditions

Diet	Uses
DASH diet	A recommendation that those with high blood pressure consume large quantities of fruits, vegetables, whole-grains and low fat dairy foods as part of their diet, and avoid sugar sweetened foods, red meat and fats.
Elemental diet	A medical, liquid-only diet, in which liquid nutrients are consumed for ease of ingestion.
Elimination diet	A method of identifying foods which cause a person adverse effects, by process of elimination.
Gluten free	A diet which avoids the protein gluten, which is found in barley, rye and wheat. It is a

diet	medical treatment for gluten-related disorders, which include coeliac disease, non-celiac gluten sensitivity and wheat allergy
Liquid diet	A diet in which only liquids are consumed. May be administered by clinicians for medical reasons, such as after a gastric bypass or to prevent death through starvation from a hunger strike.
Low FODMAP diet	<p>A diet that consists in the global restriction of all fermentable carbohydrates. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols, which are short chain carbohydrates and sugar alcohols that are poorly absorbed by the body, resulting in abdominal pain and bloating. FODMAPs occur in some foods naturally or as additives. If you eat a lot of these foods you may have symptoms and signs like: Gas, Pain, Bloating, Abdominal distention and Diarrhea.</p> <p>-A list of examples of certain foods and drinks to avoid on a low FODMAP diet are some vegetables and fruits, beans, lentils, wheat, dairy products with lactose, high fructose corn syrup, and artificial sweeteners.</p> <p>-A list of examples of foods and drinks to eat on a this diet are certain vegetables and fruits, lactose free dairy, hard cheeses, meat, fish, chicken, eggs, soy, rice, oats, quinoa, non-dairy milks, and small servings of nuts and seeds.</p>
Soft diet	<p>The soft diet serves as a transition from liquids to a regular diet for individuals who are recovering from surgery or a long illness. It can help to ease difficulty in chewing and/or swallowing due to dental problems or extreme weakness, and it is sometimes recommended to relieve mild intestinal or stomach discomfort. The soft diet can be especially helpful to patients who are undergoing treatments like chemotherapy, or radiation to the head, neck or abdominal areas, which may cause digestive problems or make the mouth and throat very sore.</p> <p>The soft diet limits or eliminates foods that are hard to chew and swallow, such as raw fruits and vegetables, chewy breads, and tough meats. In some cases, high-fiber foods like whole-grain breads and cereals and “gas-forming” vegetables like broccoli or cauliflower may be restricted to ease digestion. Fried, greasy foods and highly-seasoned or spicy foods may also be limited for this reason.</p>
Specific CHO diet	A diet that aims to restrict the intake of complex carbohydrates such as found in grains and complex sugars. It is promoted as a way of reducing the symptoms of irritable bowel syndrome (IBS), Crohn's disease, ulcerative colitis, coeliac disease, and autism.