

5 Categorized Diet Trends: Pros & Cons

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Intro: Definitions & Precautions



A well-chosen nutrition strategy can

- help achieve optimal health and limit the risk of chronic disease.
help accomplish health goals including weight loss, lower blood sugar, and reduced risk of hypertension.

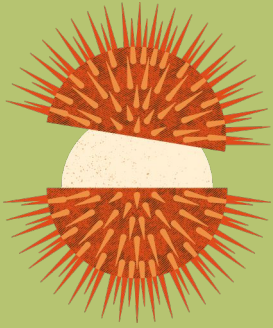
What is considered a diet?

- the word 'diet' refers to the food someone eats in a day. A diet pattern would be the variety of foods someone eats over time

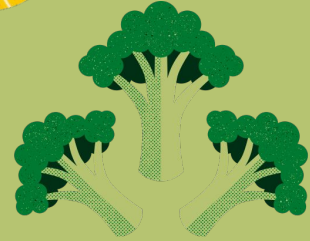
What should be considered when selecting foods to eat?

- consider if all essential nutrient requirements are met and if the diet will supply adequate energy to support daily performance.
- consider if the diet is sustainable, that we can eat this way over a long period of time safely.
Last, consider if following this diet would help us achieve our health goals.





Time Focused Diets



Intermittent Fasting



Living Well Comments:

This is more of a eating pattern than a diet, and can help with overconsumption and possibly lead to positive health outcomes.

Overview:

Reducing food intake window to a specific amount of time in order to trigger the metabolic fasting state.

Specific Foods/Plan:

Eat a wholesome meal based off of the balanced plate, containing the same amount of calories as normal but within a shorter eating window.

Potential Benefits:

May aid in the prevention of overeating or eating out of boredom., increase metabolic rate, immune boosting/stabilizing, spend less time preparing food/eating, save more on groceries. Sometimes chosen for convenience.

Potential Risks:

Not getting enough nutrients, or simply not eating enough, which can lead to muscle atrophy, low energy, headaches, impaired sleeping, and poor mood.

Research Studies:

<https://www.sciencedirect.com/science/article/pii/S095528630400261X>



5:2 Fasting Diet



Living Well Comments:

While the overall promotion of eating healthy is helpful, the 2 fasting days each week can affect a large group of individuals, such as folks with eating disorders, teenagers with diabetes, pregnant women, & malnourished individuals.

Overview:

A type of intermittent fasting pattern that consists of five normal eating days and two calorie restricting days.

Specific Foods/Plan:

Focusing on nutritious, high-fiber, high-protein foods. The restricted calorie days limit calories to 500-600 and help consume fewer calories.

Potential Benefits:

Increase variety in diet and weight loss may be a result.

Potential Risks:

Can expect to feel overwhelmingly hungry during fasting days.

Research/Studies:

<https://www.healthline.com/nutrition/the-5-2-diet-guide#section1>



30-Day Juice Fast



Overview:

Consumption of only juice or other clear liquids for 30 days.

Living Well Comments:

This is not recommended because it is not sustainable, and the possible risks can be dangerous due to lack of nutrients, including protein and fiber.

Specific Foods/Plan:

Consuming clear juice with no fiber, in addition to drinking a lot of water to ease hunger. Consuming no food during 30 days and the juice can be made from fruits and/or vegetables.

Potential Benefits:

Juice diet may help the digestive system relax and increase water soluble vitamins.
Relatively fast weight-loss due to very low caloric value that is not sustainable long term.

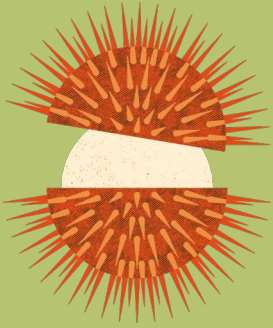
Potential Risks:

Fatigue, dizziness, low blood pressure, constipation, diarrhea, vomiting, and intense hunger cues. Diet lacking in protein and some nutrients.

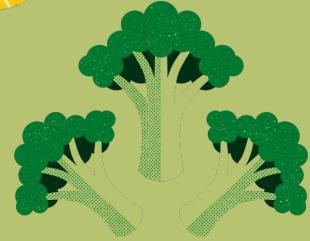
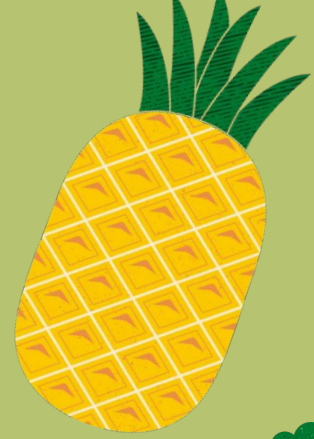
Research/Studies:

<https://www.livestrong.com/article/319561-30-day-juice-diet/>





Short Term Diets



Cabbage Soup Diet

Grapefruit Diet

Military Diet

Lemonade Cleanse



Overview:

These short-term diets are focused on high-consumption of specific food(s) that are typically low-calorie accompanied with a strict meal plan, typically lasting 3 days to a week or two with the primary goal of quick weight loss.

Potential Benefits:

Some low-calorie diets can be effective in obese individuals, however only under supervision of a physician. Overall, there is no nutritional benefits to any of these short-term diets, they are not sustainable. Short-term weight loss may result.

Research Studies:

<https://www.webmd.com/diet/low-calorie-diets#1>

Living Well Comments:

Short-term diets are neither healthful nor effective for long-term weight loss. Adopting a balanced and healthy lifestyle is much more effective for sustainable body changes.

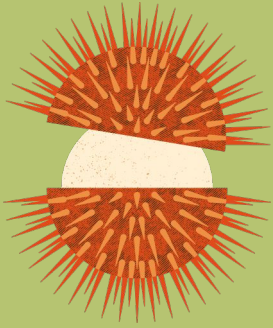
Specific Foods/Plan:

These diets are either made up of one food for every meal (i.e. cabbage soup), or an arbitrary meal plan consisting of lower-calorie foods (i.e. military diet consists of eating only about 14 items in rotation).

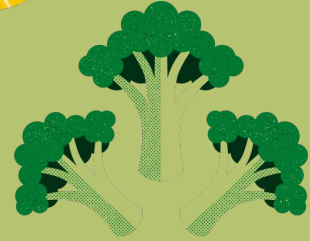
Potential Risks:

Muscle wasting is likely, especially in diets lasting 1 week or more. Fatigue, constipation, nausea, diarrhea, and even gallstones may result. Deficiencies in nutrients likely due to lack of variety and adequate calories, along with negative changes in hormones and metabolism.





Macro Diets



Ketogenic Diet



Overview:

Extreme reduction of the ratio of carbohydrates as compared to fat and protein. Usually used for weight loss, therapeutic for certain metabolic diseases. Typically consists of a macronutrient ratio of 60-65% fat: 30- 35% protein: 5-10% carbohydrate.

Potential Benefits:

Reduction of simple carbohydrates and added sugar can be beneficial.

Research Studies: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452247/>
<https://www.ncbi.nlm.nih.gov/books/NBK499830/>

Living Well Comments: Food patterns that eliminate certain foods are rarely successful over the long-term. The diet may lead to short-term weight loss and is limited in fiber and essential nutrients found in carbohydrate- containing foods.

Specific Foods/Plan:

Severe restriction of carbohydrates. Focus is on high-protein, high- fat foods and vegetables. Little to no fruits, legumes or whole grains.

Includes moderate/high-fat dairy, eggs, red meats, fish, green vegetables, avocado, butter, plant oils.

Potential Risks:

Not sustainable for the average person. Diets high in saturated fats are linked to an increased risk of cardiovascular disease and atherosclerosis.

Can lead to micronutrient deficiencies resulting from limiting consumption of fruit, legumes, and whole grains.



Low Carb Diet

(e.g. Atkins & Zone)



Overview:

Reduction of the ratio of carbohydrates as compared to fat and protein. Usually used for health goals and weight loss. Proponents claim this pattern leads to lower blood insulin, requiring the body to burn stored fat.

Potential Benefits:

Reduction of simple carbohydrates and added sugar can be beneficial.

Living Well Comments: In general a well- balanced, moderate carbohydrate diet like this one can work for some individuals. Be careful to not exceed recommended saturated fat intake. Some carbohydrate is recommended because carbohydrates are necessary for optimal health.

Specific Foods/Plan:

Limits carbohydrates. Focuses on protein, fats, limited amounts of fruit, and non- starchy vegetables. Includes meat, poultry, fish, nuts, eggs, low- sugar fruits, leafy greens

Potential Risks:

May lead to increase of LDL cholesterol and increase the risk of heart disease, especially if high in saturated fat. Not sustainable for the average person.

Research Studies: "Effects of Low- Carbohydrate Diets vs. Low-Fat Diets on Metabolic Risk Factors"
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3530364/>



High-carb/Low-fat



Living Well Comments:

A well balanced diet with moderate fat and carbohydrate intake would be better in healthy individuals.

Overview:

Reduction of total fat with emphasis on complex carbohydrates and lean protein.

Specific Foods/Plan:

Avoid simple refined carbohydrates. Include more complex carbs from fruits, vegetables, and whole grains. Limit fatty foods like: pizza, fatty meats, ice cream, cheese, full fat dairy.

Potential Benefits:

Lower saturated fat, cholesterol and trans fat intake may be beneficial. Higher fiber intake helps promote health. Increased energy with influx of carbs.

Potential Risks:

Excessive simple carbohydrate intake may increase blood glucose and fat levels. Although not usually a problem, very low fat intake can lead to hormonal imbalances, cognition problems, and fat-soluble vitamin deficiency.

Research Studies: <https://academic.oup.com/ajcn/article/75/1/11/4689240>

<https://nuts.com/healthy-eating/low-fat-high-carb-diet> (research on inc. blood sugar)



If it Fits Your Macros



Overview: A flexible style of eating that focuses on reaching an individualized goal for calories and macronutrients (protein, fat and carbohydrate) each day in order to change body composition.

Potential Benefits:

Can be helpful to figure out how your body responds to a certain amount of calories and macronutrients. Also allows for food choice flexibility and improves feelings of guilt surrounding eating.

Research Studies: “Effect of Macronutrient Composition on Short-Term Food Intake and Weight Loss”
<https://academic.oup.com/advances/article/6/3/302S/4568628>

Living Well Comments: This plan can be suitable for someone that has a healthy relationship with food and wants to change their body composition, but not at all necessary. The ideal way to utilize it would be to focus on eating a healthy, balanced diet before examining macronutrient content.

Specific Foods/Plan:

Consists of calorie counting and eating anything as long as you do not go over your desired macronutrient (macros) goals for the day. Requires choosing foods that will meet macros regardless of what the foods nutritional value is.

Potential Risks:

Not getting sufficient micronutrients (vitamins, minerals) or fiber due to only focusing on macronutrient content, which in turn can cause health problems. It can also lead to ignoring hunger cues and/or force feeding just to meet macros.



Resource Page

1. Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance.

<http://www.eatrightpro.org/resource/practice/position-and-practice-papers/position-papers/nutrition-and-athletic->

