

Diet Review

Curious about what diets are best for weight loss?

We'll guide you through the evidence based pros and cons of popular eating patterns. When choosing a diet that's right for you, it is important to consider your health goals and ability to stick with the eating style long term.

Diet Type	Basic Principles	Pros	Cons
Intermittent Fasting (IF)	<p>IF cycles between brief periods of fasting, with no food or significant calorie reduction, and a designated eating window.</p> <p>The most common IF styles include: alternate day fasting, time-restricted eating, and whole day fasting (1-2 days per week).</p>	<p>Alternate day fasting and whole day fasting can result in weight loss similar to those following a calorie restricted diet</p> <p>Time restricted eating has been shown to improve blood pressure and insulin resistance independent of weight loss</p> <p>Diet emphasizes nutrient dense, whole foods</p>	<p>No human studies show IF is effective for long term weight loss</p> <p>Not recommended for people with diabetes or conditions that require daily medications with food</p> <p>Prolonged periods of food restriction can lead to overeating during eating windows</p>
Vegan/Plant Based	<p>Excludes all animal products including, meat, poultry, fish, dairy, eggs, and sometimes honey</p>	<p>Reduces risk of heart disease, obesity, type 2 diabetes mellitus & some cancers</p> <p>Lower environmental impact</p> <p>Typically higher in fiber due to increased intake of vegetables, nuts, legumes</p> <p>Lower intake of saturated fat & cholesterol</p>	<p>Increased risk of micronutrient deficiencies including: Vitamin B-12, Vitamin D, iron, zinc, and calcium</p> <p>Can be difficult to follow long term</p>
Mediterranean	<p>Primarily plant based eating style with an</p>	<p>When used in conjunction with calorie restriction, can</p>	<p>No guidance on portion sizes which can lead to</p>

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	<p>emphasis on whole grains, olive oil, fruits, vegetables, legumes, protein primarily from seafood, and small amounts of dairy products</p>	<p>result in long term weight loss.</p> <p>Reduces risk of cardiovascular disease and mortality</p> <p>Emphasizes healthy fats such as polyunsaturated & monounsaturated fats</p> <p>Proven positive effects on aging and cognition</p>	<p>excess calorie intake and weight gain</p>
<p>Low Carbohydrate Diet</p>	<p>Typically less than a <130 grams of carbohydrates/day. Ketogenic diets are a type of low carbohydrate diet < 50 grams of carbohydrates/day.</p> <p>Foods high in fat are emphasized. Whole grains, legumes, starchy vegetables and fruits are usually restricted.</p>	<p>Effective in short term weight loss</p>	<p>Typically higher in animal fats/saturated fats which can elevate cardiovascular risk factors.</p> <p>Tends to be lower in fiber due to restriction of multiple food groups</p> <p>Can be difficult to follow long-term due to side effects (headache, upset stomach, fatigue, dizzy spells)</p>
<p>Intuitive Eating</p>	<p>An approach to eating that focuses on healing your relationship with food, mind, and body. Emphasizes internal cues (such as honoring hunger, respecting fullness), versus external cues of eating</p>	<p>Intuitive e eating is correlated to improved psychological health & improved health biomarkers such as cholesterol & blood pressure</p> <p>Improved relationship with</p>	<p>May not lose weight following this eating approach, weight maintenance supported</p>

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	(such as the scale, calorie intake, macronutrients).	<p>food and positive eating behaviors</p> <p>-Emphasizes self-acceptance and individual genetic blueprints for size/shape.</p>	
Calorie Restriction	Based on the concept that weight loss will result by creating a calorie deficit in (consuming less calories than estimated calories burned).	Self-monitoring (such as tracking daily caloric intake) is effective in short weight loss.	<p>Does not take into account diet quality or nutrient composition of foods</p> <p>Can lead to unhealthy eating behaviors and relationship with food</p> <p>May encourage dieters to make unhealthful choices if only based on calories and no emphasis on fruits/vegetables</p>