

Which plan is right for you?

There are many popular eating plans for people to try. Eating plans that eliminate foods, include foods or challenge participants to change their relationship with food. The chart below looks at five different eating plans and breaks them down by what is allowed and not allowed on each of them. Some keys to consider when evaluating an eating plan:

- 1) Is it sustainable? If you start it can you stick with it?
- 2) What is the goal of changing your eating habits? Lose weight? Reduce cholesterol? Cost? Improve overall health? Lifestyle changes?
- 3) Is it enjoyable? Food should taste good and nourish your body.

Diet Name	Description	Grains	Protein/ Fats	Dairy	Fruits/Veggies	Sugar	Other
Whole 30	Whole 30 is a 30 Day Challenge. The purpose is to reset the metabolism and eliminate potential allergens or foods known to cause inflammation. After 30 days participants can complete a 10 day reintroduction process to determine how eliminated food make the participant feel. Or reintroduce non-compliant foods more gradually continuing to eat a mostly Whole 30 compliant diet.	No (including rice and quinoa)	Yes	No	Yes	No (including honey, or agave, maple syrup)	No Soy, Beans and Legumes (peanuts, peas, corn, beans, chickpeas) Alcohol
Keto (Ketogenic)	The Keto Diet is a low-carb, high-fat diet that shares similarities to the Atkins Diet. The goal is to get participants body in at metabolic state called Ketosis. This allows the body to become more efficient at burning fat for energy.	No (including rice)	Meat (Red Meat, steak, ham, sausage, bacon, chicken, turkey) Fatty Fish (salmon, tuna, trout) Eggs Nuts/Seeds Healthy Oils Avocados	Butter/Cream Cheese (unprocessed like cheddar, goat, cream, blue or mozzarella)	YES - Low Carb Veggies (green veggies, tomatoes, onions, peppers etc.) NO - ALL Fruit except small portions of berries Root vegetables (potatoes, carrots parsnips)	No - Sweets as well as no condiments or sauces that contain sugar	No - Beans and Legumes (peanuts, peas, corn, beans, chickpeas) Alcohol

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Paleo	The Paleo Diet is based on food similar to those eaten during the Paleolithic era. It's an overall reduction in processed foods	No	Lean cuts of beef, pork and poultry - preferably grass-fed, organic or free-range. Game Meats - quail, venison and bison Eggs Fish Nuts/Seeds Oils in moderation	No	Fruits, non-starchy vegetables (asparagus, onions, peppers, and pumpkin) NO - Starchy Vegetables like potatoes	No	No - Beans and Legumes (peanuts, peas, corn, beans, chickpeas) Processed Food and Meats
Mediterranean	A heart healthy eating plan modeled after the diet of people living in or near the Mediterranean region. There is an emphasis on choosing healthy fats like olive oil, eating nuts and more fish.	Whole Grains (including pasta, rice bread and cereal)	Fish -once to twice a week (avoid fried fish) Poultry Limit red meat intake and keep it lean and portions the size of a deck of cards Avoid sausage, bacon and high fat meats. Nuts/Seeds	Low fat dairy - Skim milk, fat free yogurt and low fat cheese. Limit higher fat dairy. Replace butter with olive oil	7-10 servings of fruits and vegetables	Yes	Replace salt with herbs and spices. 5 ounces of wine for women (or men over 65) 10 ounces for men under 65