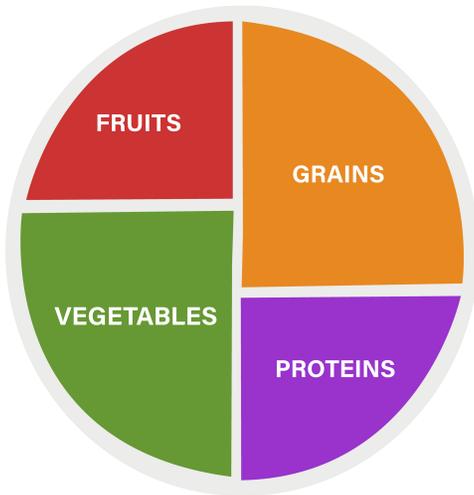


It's all about balance.

You've probably heard about many different diets—it's often overwhelming with so much information out there. This brochure gives a brief overview of three specific diets: The Mediterranean diet, the Keto diet, and the DASH diet.

Based on the information in this packet, even loosely following the Mediterranean and DASH diets could lead to great health benefits. Though the keto diet is all the rage these days, there are mixed reviews on whether following it should be recommended or not. Ultimately, if you are a healthy individual and do your best to consume balanced meals and snacks, you are doing your body a favor.

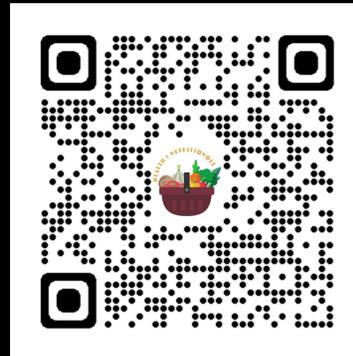
Try to match the plate below to ensure your meals are balanced.



Contact Us!

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Created by Carly Collins
FSU Dietetic Intern

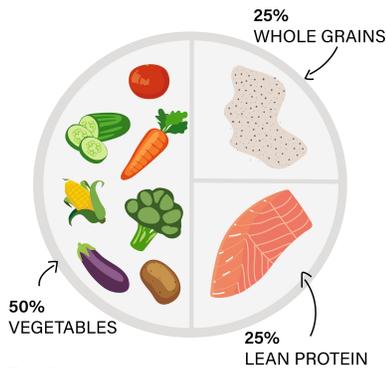


Diet Trends: Pros & Cons

MEDITERRANEAN DIET

What is it? The Mediterranean diet generally consists of whole grains, fresh fruits, vegetables, heart healthy fats, and lean meats. It is based on the diets of those living in countries that border the Mediterranean Sea (France, Greece, Spain, Italy).

WHAT TO EAT:



PROS

- Promotes heart health & overall healthy lifestyle habits
- Encourages consumption of nutrient dense foods
- Decreases consumption of calorie dense foods (fried foods, added sugars, processed foods)
- Can lead to weight loss

CONS

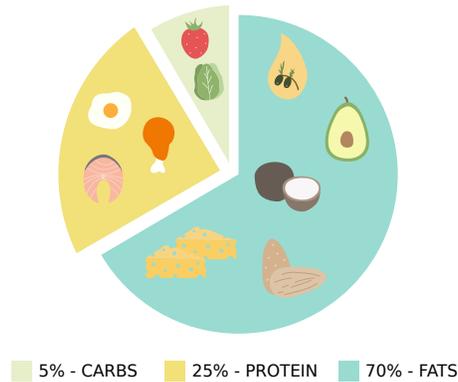
- Can be more expensive due to purchasing fresh fruits and vegetables
- Less convenient than frozen & preserved foods

★ A generally recommended diet.

KETO DIET

What is it? The keto diet is a low carb (20–50g a day), high fat diet. This diet has the ultimate goal of restricting enough carbs to help your body go into ketosis where the body is able to burn fat as an energy source instead of carbohydrates.

WHAT TO EAT:



PROS

- Can be attributed to short term weight loss
- Can be beneficial for diabetes or obesity
- Rids the diet of over-consuming simple sugars

CONS

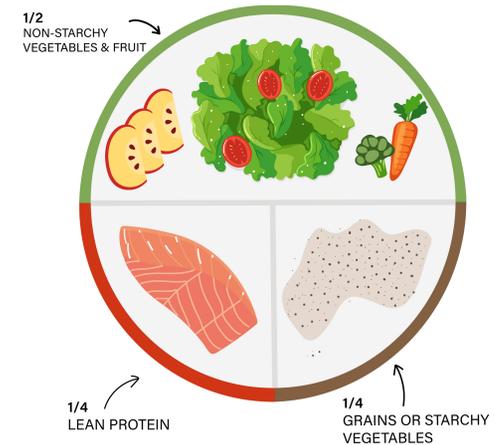
- Extremely difficult to maintain long term
- There can be initial side effects upon starting this diet such as the keto flu (nausea, vomiting and constipation)
- Must track carbohydrate consumption
- Restriction of some foods/food groups involved

✗ Generally not recommended for most populations.

DASH DIET

What is it? DASH stands for Dietary Approaches to Stop Hypertension, or high blood pressure. The DASH diet aims to cut out excess sodium (2,300mg per day) consumption which can be linked to high blood pressure.

WHAT TO EAT:



PROS

- Can help reduce blood pressure
- Can aid in weight loss
- Can decrease risk for heart disease, diabetes and cancer

CONS

- Can be more expensive due to purchasing more plant based foods
- Can be difficult to limit sodium when eating out at restaurants or when consuming frozen meals often

★ A generally recommended diet.