

Examine Five Popular Dietary Trends



If you're looking to change your diet, this breakdown can help you to understand five popular trends. It's a good idea to talk with your healthcare provider before making significant dietary changes.

1 Paleolithic (Paleo)

What you eat: Foods available 10,000 years ago, such as vegetables, fruits, meats, eggs, fish, and berries; no grains, legumes, salt, sugar or dairy

Health benefits: May help prevent Type 2 diabetes and control blood sugar

Drawbacks: May exclude foods containing important vitamins and minerals

2 Ketogenic (Keto)

What you eat: High-fat, low-carb foods like avocados, nuts, seeds, butter, meats, fish and oils; no grains and limits fruits and vegetables

Health benefits: Originally developed to manage epilepsy; burns fat for energy, may accelerate weight loss

Drawbacks: Hard to follow long term and can include unhealthy, processed foods

3 Vegan

What you eat: Vegetables, fruits, legumes, whole grains, nuts, soy, and seeds; no animal products

Health benefits: Reduces risk for obesity, heart disease, and Type 2 diabetes

Drawbacks: Can cause nutrient deficiencies

4 Mediterranean

What you eat: Fish, shellfish, healthy fats, nuts, fruits, vegetables, beans, and whole grains

Health benefits: Heart-healthy, and may prevent cognitive decline and lowers risk of developing breast cancer

Drawbacks: Potential danger of consuming too much fish, which may contain high mercury levels

5 Gluten-Free

What you eat: No foods that contain any form of wheat, rye, or barley

Health benefits: Necessary for those who have celiac disease or a gluten intolerance

Drawbacks: May eliminate essential nutrients, vitamins and minerals, such as fiber, iron, calcium, and vitamin B

Sources: The American Academy of Nutrition and Dietetics, the National Institute of Diabetes and Digestive Disorders and the U.S. Food and Drug Administration