

Types of Diets

Name:

Age:

Date:

Dietary Restrictions

Health Goals

This handout provides an overview of various types of diets that cater to different health goals and dietary needs. Please discuss with your dietitian or health professional to determine the best diet plan for you.

Types of Diets

1. Mediterranean Diet

- Focuses on fruits, vegetables, whole grains, and healthy fats.
- Includes moderate amounts of fish, poultry, and dairy.
- Reduces the risk of heart disease and promotes overall health.

2. Vegetarian Diet

- Excludes meat, poultry, and fish.
- Emphasizes plant-based foods like fruits, vegetables, and grains.
- Can be adapted to meet various nutritional needs.

3. Vegan Diet

- Excludes all animal products, including dairy and eggs.
- Relies on plant-based foods for all nutritional requirements.
- Promotes animal welfare and environmental sustainability.

4. Gluten-Free Diet

- Eliminates all foods containing gluten (found in wheat, barley, and rye).
- Essential for individuals with celiac disease or gluten sensitivity.
- Requires careful reading of food labels to avoid gluten.

5. Low-Carb Diet

- Reduces carbohydrate intake, focusing on protein and healthy fats.
- Includes variations like the Atkins and ketogenic diets.
- Often used for weight loss and blood sugar control.

6. DASH Diet (Dietary Approaches to Stop Hypertension)

- Designed to lower blood pressure and improve heart health.
- Emphasizes fruits, vegetables, whole grains, and lean proteins.
- Limits sodium, saturated fats, and added sugars.

7. Paleo Diet

- Mimics the eating patterns of our pre-agricultural ancestors.
- Focuses on whole foods like meats, fish, fruits, vegetables, and nuts.
- Excludes processed foods, grains, and dairy.

8. Intermittent Fasting

- Involves cycling between periods of eating and fasting.
- Popular methods include the 16/8 method, 5:2 diet, and eat-stop-eat.
- Can aid in weight loss, improve metabolic health, and extend lifespan.

9. Low-FOODMAP Diet

- Designed for individuals with irritable bowel syndrome (IBS) or other digestive disorders.
- Reduces intake of fermentable carbohydrates that can cause digestive distress.
- Involves a strict elimination phase followed by a gradual reintroduction of foods.

10. Whole30 Diet

- A 30-day diet that emphasizes whole foods and eliminates sugar, alcohol, grains, legumes, soy, and dairy.
- Intended as a short-term reset to identify food sensitivities and improve eating habits.
- Encourages consumption of fruits, vegetables, meats, and healthy fats.

Preferred Diet:

Healthcare Professional's Additional Notes and Recommendations