



If you're like most Americans, you have resolved to healthy eating and maybe losing weight in 2019. Just in time, we have outlined the pros and cons of the four most popular diets around! Keep in mind, while all these diets have benefits, they are also a "diet", meaning they follow certain guidelines or have restrictions. Learning to eat healthy while also enjoying the things we love in moderation is the best way to live a healthy lifestyle.

INTERMITTENT FASTING

Intermittent fasting (IF) is basically a pattern of eating that varies greatly from the typical breakfast-lunch-dinner pattern and requires periods of completely avoiding food. IF diets can vary between fasting times. Some recommend eating normal 5 days week and fasting for 48 hours with limited calories. Other fasting styles include fasting for 16 hours/day.

PROS: Advocates of this diet suggest it works because when you fast, you reduce your exposure to fluctuations in hormones such as insulin, which rises after you eat and helps the body to store fat. Fasting also helps regulate hormones that control your hunger signals and aides in cutting out mindless eating.

CONS: While fasting, you are likely to be hungry and this hunger can increase mood swings and cause crankiness. Have you heard of the term "hangry"? It's when hungriness makes someone moody and angry. These issues can make long-term compliance to this type of regimen difficult for some people.

PALEO

In recent years, the paleo diet (which only allows foods that can be hunted, gathered or fished) has become more popular. It's based on the theory that our bodies are designed to eat like our caveman ancestors, they're not designed to digest the processed foods that are the basis of most modern diets.

PROS: This diet eliminates processed and junk foods, which are often linked to inflammation and chronic diseases -- from heart disease to diabetes and joint pain. The allowed foods such as grass-fed meats, wild fish, poultry, eggs, nuts, fruits and vegetables tend to be nutrient-dense and high in protein and fiber. Also, heart healthy fats (olive oil, fish oil, avocado) are recommended while dairy, grain, legumes, starches, alcohol, processed foods, sugars and sugar substitutes are no-nos. You may feel better overall and lose some inches around the waist as you cut out empty calories from processed foods.

CONS: With the elimination of grains, this diet can be lower in carbohydrates. You may feel a bit deprived as you cut out junk, calories and some of the favorites from your daily diet. This diet is far from the mainstream lifestyle many people currently follow so it may be challenging to eat like a caveman long-term for some people.

VEGAN

If you're ready to make a complete diet overhaul, the vegan diet, which is devoid of all animal products, from milk chocolate to honey to hamburgers, can be a great choice. The vegan diet is comprised of grains, fruits, vegetables, legumes, nuts, and vegetable oils. When well-designed and balanced, the vegan diet is one of the cleanest, greenest diets out there.

PROS: Thanks to a heavy dose of fruits, vegetables, whole grains and legumes the vegan diet is high in antioxidants, potassium, and satiating fiber. It's also lower in nutrients we should all be cutting back on anyway: sodium, saturated fat, and often empty calories. Rich in nutrients, vegan diets offers a myriad of health benefits and since you'll be replacing summer sausage, cheese and crackers with quinoa and broccoli, you're likely to see your waistline shrink.

CONS: If not well-balanced and varied, vegan diets may be lacking in essential nutrients (such as calcium, iron, and vitamins B12 and D) and protein. Vegans may want to supplement with protein powders made from a variety of protein sources (including pea protein, hemp protein, brown rice protein and more), and check the labels to ensure they have a complete amino acid profile.



LOW-CARB

Several popular diets fall under the umbrella of carb-restricted diets and while the "Atkins Diet" isn't as widespread as it once was, it's still alive and well. Low-carb diets include The Zone® diet, the South Beach diet®, the Atkins Diet®, and the VERY popular, Keto Diet. All advocate low-carb eating with generous portions of protein and fat.

PROS: Proponents claim that by eliminating or restricting sugars and carbohydrates, weight loss will naturally follow. This makes sense; a high carb diet does cause the body to store more fluid and fats. While following a low carb diet white bread, crackers, or pastries, are off limit, so it's likely that your calorie intake will be slashed as well. Some dieters report improved blood sugar control while following these diets, which may be linked to either the quick weight loss or the fact that refined carbs are no longer being consumed.

CONS: Because these diets let you indulge more in fats and protein, you may find yourself going overboard on foods that were previously off-limits such as butter, eggs and bacon. While following a low carb diet, might find yourself suffering from headaches and constipation, which are common complaints among people following low-carb diets.

If you have specific questions about learning to eat healthy or need extra support, please contact the clinic at 888-492-8722. We have nutritionist on staff to help meet your health and wellness goals!



ingredients:

- Olive oil
- 1 medium onion chopped
- 1 medium green bell pepper chopped
- 1 medium red bell pepper chopped
- 2 cloves garlic coarsely chopped
- 2 cups low-sodium organic vegetable broth
- 1 (14.5-oz.) can diced tomatoes, no added salt
- 2 15-oz. cans chickpeas (garbanzo beans) drained, rinsed
- 1 Tbsp. curry powder
- 1 Tbsp. pure maple syrup
- 1 Tbsp. finely chopped fresh ginger
- ½ tsp. sea salt or Himalayan salt
- ½ tsp. ground black pepper
- 1 dash ground cayenne pepper optional
- 1 medium head cauliflower cut into florets
- 1 (10-oz.) bag raw baby spinach
- 1 cup lite coconut milk

instructions:

1. Heat oil in medium nonstick skillet over high heat.
2. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Place onion mixture in 3-quart slow cooker.
5. Add broth, tomatoes (with juice), chick peas, curry powder, maple syrup, ginger, salt, black pepper, and cayenne pepper. Mix well; cover. Cook on high for 3 hours.
6. Add cauliflower. Mix well; cover. Cook on high for 1 hour.
7. Add spinach and coconut milk. Mix well; cover. Cook on high for 10 minutes, or until spinach wilts.

Looking Ahead

February Is Heart Health Month

We will be focusing on nutrition and sending out delicious recipes to keep your meals heart health friendly!