

# DIET TRENDS

## ARE THEY HEALTHY?

### THE HYPOCALORIC DIET

#### WHAT IT IS?

Is a dietary regime that bases on daily caloric restriction, or the reduction in food intake (which provide calories).

#### BENEFITS & RISKS

##### Benefits:

Reduce the risk of cardiovascular disease, diabetes, sleep apnea, premature joint disease, high blood pressure and cancer.

##### Risks:

Gallstones. Extreme Fatigue. Muscle Loss. Heart Problems. Memory Problems.



### THE GLUTEN-FREE DIET

#### WHAT IT IS?

Avoids gluten, protein present in wheat, oats, barley and rye; and also in medicines, vitamins or supplements.

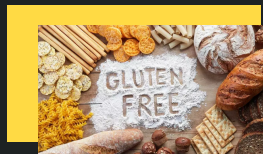
#### BENEFITS & RISKS

##### Benefits:

Improve cholesterol levels. Promote digestive health. Increase energy levels. Eliminate unhealthy and processed foods from your diet.

##### Risks:

Extreme anxiety. Substitutes contain a lot of sugar and are deficient in vitamins, fiber and other nutrients. Some health descriptors, including the Body Mass Index (BMI) worse.



### ONE MEAL A DAY DIET

#### WHAT IT IS?

Eat only one meal daily. Most people choose the lunch time for eat only four quail eggs without the yolk and a glass of milk, then they do some exercise that burn fats quickly.

#### BENEFITS & RISKS

##### Benefits:

People can lose weight rapidly. The diet is easy to follow because there is no need to count calories.

##### Risks:

Feel very hungry. Experience fatigue, due to an uneven supply of energy. Feel shaky, weak, and irritable as their blood sugar levels fall. Have difficulty concentrating.



### SOUP DIET

#### WHAT IT IS?

The base is a vegetable soup that can be taken at any time. After a few days, it alternates with other foods that provide protein and animal fats.

#### BENEFITS & RISKS

##### Benefits:

Softens and warms your stomach. High source of fluids. Healthy and nutritious. Full with healthy fibres. Rich in taste. A feeling of fullness.

##### Risks:

Headaches. Dizziness. Light-headedness. Nausea. Weakness.



### VEGAN DIET

#### WHAT IT IS?

Devoid of all animal products including eggs, meat and dairy

#### BENEFITS & RISKS

##### Benefits:

Weight loss. Richer in certain nutrients (potassium, magnesium, vitamins A, C and E). Improves kidney function. Lower blood sugar.

##### Risks:

Risk of anemia. Increased risk of depression. Consuming too much carbohydrate. Disordered eating (Orthorexia).



### KETO DIET

#### WHAT IT IS?

Low-carb, high-fat diet

#### BENEFITS & RISKS

##### Benefits:

Reduces your appetite. Leads to more weight loss at first. Reduces blood sugar and insulin levels. May lower your blood pressure.

##### Risks:

Diarrhea. Reduces athletic performance. Weight regain. Less muscle mass and decreased metabolism.

