

# Popular Weight Loss Diets

Heather Aguirre D.O.

---

---

---

---

---

---

---

---

## Objectives

- Understand building blocks of nutrition.
- Evaluate the different kinds of weight loss programs.
- Identify benefits and disadvantages of each weight loss program.

---

---

---

---

---

---

---

---

## Pre-test Questions

- 1) Which of the following diets is the best for weight loss?
- a) Low carb
  - b) Paleo
  - c) Fasting
  - d) Keto
  - e) All of the above help with weight loss.

---

---

---

---

---

---

---

---

## Pre-test Questions

2) High-Protein Diet is safe for all individuals.

- a) True
- b) False.

---

---

---

---

---

---

---

---

## Pre-test Questions

3) Which of the following diets does not improve cardiovascular health?

- a) Low-carb diet
- b) Vegetarian diet
- c) High Protein diet
- d) Keto Diet
- e) All above help cardiovascular health.

---

---

---

---

---

---

---

---

## Macronutrients

- Fats: 1g = 9 calories
- Protein: 1g = 4 calories
- Carbohydrates: 1g = 4 calories

---

---

---

---

---

---

---

---

## Micronutrients

- Vitamins and Minerals
  - Required in small quantities to support normal metabolism, growth and overall well-being.

---

---

---

---

---

---

---

---

## American Diet

- Top six calorie sources
  - Grain-based desserts
  - Yeast breads
  - Chicken-based dishes
  - Sweetened beverages
  - Pizza
  - Alcoholic drinks

---

---

---

---

---

---

---

---

## Dietary Guidelines 2015-2020

- Follow a healthy eating pattern across lifespan.
- Focus on variety, nutrient density, and amount.
- Limit calories from added sugars and saturated fats and reduce sodium intake.
- Shift to healthier food and beverage choices.
- Support healthy eating patterns for all.

---

---

---

---

---

---

---

---

# Key Recommendations

- Consume less than 10 percent of calories per day from added sugars.
- Consume less than 10 percent of calories per day from saturated fats.
- Consume less than 2300 mg per day of sodium.
- If alcohol is consumed, it should be consumed in moderation.
  - Up to one drink per day for women.
  - Up to two drinks per day for men.

---

---

---

---

---

---

---

---

# Paleo Diet

- Requirement:
  - Meats/Seafood
  - Fruits & Vegetables
  - Eggs/Nuts
  - Dairy: Questionable

If your ancestors could hunt or gather it, then you can eat it.

---

---

---

---

---

---

---

---

# Paleo Diet

- Pros
  - Fresh and Natural
  - Incorporates Whole Foods, lean proteins, vegetables, fruits and healthy fats.
- Cons
  - No cereal grains, legumes, refined sugars/vegetable oils, salt, artificial sweeteners, beer.
  - Very strict. Compliance may be a problem.
  - Short shelf-life

---

---

---

---

---

---

---

---

# Vegetarian Diet

- Requirements: Plant and Dairy Based Diet.
- Pros:
  - Less saturated fats/cholesterol
  - Potentially positive effect:
    - Heart Disease
    - Cancer
    - Type 2 Diabetes
- Cons
  - Requires proper education.
  - May lead to protein and vitamin/mineral deficiencies.
    - E.g Vitamin B12, Iron, Zinc, Omega-3 fatty acids

---

---

---

---

---

---

---

---

# Vegetarian Diet

- Variations:
  - Vegans (total vegetarians): No dairy or animal products.
  - Lacto ovo: Do not eat animal meats but do eat eggs and dairy.
  - Lacto vegetarians: Eat no animal meats or eggs but do consume dairy.
  - Ovo vegetarians: Eat no animal meats or dairy but do eat eggs.
  - Partial Vegetarians: Avoid Meat but may eat fish or poultry.

---

---

---

---

---

---

---

---

# Vegan Diet

- Requirement: No animal products.
- Pros
  - Potential positive effects:
    - Heart disease
    - Cancer
    - Type 2 Diabetes
    - Hypothyroidism
  - Less saturated fats.
  - Less caloric intake
- Cons
  - Typically a lifestyle not just diet.
  - Increase risk of protein and vitamin/mineral deficiency.
  - Very restrictive, compliance may be a problem.

---

---

---

---

---

---

---

---

# Mediterranean Diet

- Requirements:
  - Primarily plant-based foods.
  - Fruits, vegetables, whole grains, legumes and nuts.
- Using herbs and spices instead of salt for flavor
- Limit red meat consumption.
- Fish and poultry at least twice a week.
- Red wine in moderation
- Active lifestyle.
- Enjoying meals with family and friends.

---

---

---

---

---

---

---

---

# Mediterranean Diet

- Pros
  - Positive benefits
    - Heart Disease
    - Neurological diseases
    - Type 2 Diabetes
- Cons
  - Calorie totals and exercise parameters not indicated.
  - E.g "low to moderate", "abundance"
  - Alcohol consumption may not be advisable for pts with chronic medical conditions.

---

---

---

---

---

---

---

---

# Low-Carb Diet

- Requirement: Limits carbohydrates. Focuses on protein, meats, dairy/eggs and some nonstarchy vegetables.
- Daily limit of 20-60 grams of carbohydrates.
- Very low carb diet < 5%

---

---

---

---

---

---

---

---

# Low-Carb Diet

- Pros
  - Positive effects:
    - Reducing risk factors for T2DM and metabolic syndrome
    - Greater short-term weight loss.
- Cons
  - Limits grains, starchy vegetables and fruit
  - Long-term benefits not significant.
  - Carb withdrawal
    - Sx: headaches, weakness, muscle cramps, fatigue
  - Compliance

---

---

---

---

---

---

---

---

# High Protein Diet

- Requirement:
  - Minimum Recommendation of 0.8-1g per kg of weight.
  - High Protein Diet: 1.2-1.5g per kg of weight.
  - 100-140 g/ day
    - Evidence supports meal distribution with approx 30 g/meal

---

---

---

---

---

---

---

---

# High Protein Diet

- Pros
  - Improves body composition
  - Control Blood sugars
  - Increased metabolic rate.
  - Increased satiety
  - Short-term results
  - Reverses metabolic syndrome
- Cons
  - Can increase risk of kidney disease
  - Aging reduces the efficiency of protein use
  - Nutritional deficiencies
  - Higher water intake
    - Can Cause dehydration
  - Less glycogen storage
  - Increase risk in cancer and heart disease??

---

---

---

---

---

---

---

---

# Ultra Low-Fat Diet

- Requirement: <15% of energy intake
- Pros
  - Helps prevent heart disease
  - Many options in market
  - Good for weight-loss management.
- Cons
  - Decreased absorption of Vit A, D, E and K
  - Higher carbs and sugars
  - More highly processed foods
  - Impact in healthy brain development
    - Fatty acids essentials

---

---

---

---

---

---

---

---

# Portfolio Diet

- Requirement:
  - A handful of nuts each day.
  - Two teaspoons of sterol-induced margarine.
    - E.g Benecol or Take Control.
  - Two servings a day of soy-based foods.
    - E.g. soy milk or soy meat.
  - Two servings a day of foods rich in soluble (viscous) fiber
    - E.g oatmeal, psyllium-enriched cereals, barley, Oskar/eggplant

---

---

---

---

---

---

---

---

# Portfolio Diet

- Pros
  - Positive impact in cardiovascular risk.
  - Superior to low fat diet.
- Cons
  - Intended for lowering cholesterol not necessarily weight loss.
    - However some weight loss may occur.

---

---

---

---

---

---

---

---



# Keto Diet

- Requirement: Carb consumption of 20-50g per day.
- Pros
  - Relies on fats for energy
  - Ideal for diabetics and patients with PCOS.
- Cons
  - Keto flu
  - Carbs greatly restricted.
  - Increased risk of CAD??

---

---

---

---

---

---

---

---

# HCG Diet

- Requirement: Exogenous HCG and severe calorie restriction (500-800 calories per day).
- Pros
  - Rapid results.
  - Multiple options, readily available.
- Cons
  - Not approved for over the counter use.
  - Not statistically significant in weight loss.
  - Safety is questionable
  - Health risks
    - Thromboembolism
    - Gynecomastia in men
    - Nutritional deficiencies

---

---

---

---

---

---

---

---

# Fasting

- TYPES OF FAST
  - Intermittent:
    - 16-18hrs
    - 24hrs 3x week
    - 36hrs 3x week
  - Extended Fasting 5-7 days

---

---

---

---

---

---

---

---

# Fasting

- Pros
  - Flexible and simple
  - Cost
  - Keeps basal metabolic rate stable
- Cons
  - Needs close supervision and medication modification
  - Increased Hunger
  - Potential Refeeding Syndrome

---

---

---

---

---

---

---

---

# IIFYM Macro Diet

- IIFYM= If It Fits your Macros
  - Custom ratio of macros based on goals, age and activity level.
- Pros
  - Flexible dieting
  - Custom to individual
- Cons
  - Time consuming
  - Requires precision

---

---

---

---

---

---

---

---

# Take Home Points

- No one diet is superior.
- Assess patient and figure out which diet works best for patient.
- Consider time and resources.
- Frequent motivation is important.

---

---

---

---

---

---

---

---

## Post-Test Questions

1) Which of the following diets is the best for weight loss?

- a) Low carb
- b) Paleo
- c) Fasting
- d) Keto
- e) All of the above help with weight loss.

---

---

---

---

---

---

---

---

## Post-Test Questions

2) High-Protein Diet is safe for all individuals.

- a. True
- b. False.

---

---

---

---

---

---

---

---

## Post-Test Questions

3) Which of the following diets does not improve cardiovascular health?

- a) Low-carb diet
- b) Vegetarian diet
- c) High Protein diet
- d) Keto Diet
- e) All above help cardiovascular health.

---

---

---

---

---

---

---

---

Questions?

---

---

---

---

---

---

---