

# Diet Summaries

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Name of Diet	Description	Purpose	Reference
Adventist Edenic Diet	A diet based on what Adam and Eve are believed to have consumed in Garden of Eden. Genesis speaks of a diet of fruits, grains, nuts, and legumes. After sin God introduced the "herb of the field" vegetables. Essentially vegan, though mother's milk (for babies) and honey is permitted.	To promote optimal health.	<a href="http://www.amazingfacts.org/media-library/media/e/1230/t/what-was-gods-original-diet-in-the-garden-of-eden.aspx">http://www.amazingfacts.org/media-library/media/e/1230/t/what-was-gods-original-diet-in-the-garden-of-eden.aspx</a>
Adventist Lacto-ovo Vegetarian Diet	A well-balanced vegetarian diet that avoids the consumption of meat coupled with intake of legumes, whole grains, nuts, fruits and vegetables, along with a source of vitamin B12. May include dairy products and eggs.	Adventists believe the key to wellness lies in a life of balance and temperance and abstention from animal flesh.	<a href="http://www.adventist.org/vitality/health/">http://www.adventist.org/vitality/health/</a>
Adventist Non-vegetarian Diet	To adopt the most healthful diet possible and abstain from the unclean foods identified in the Scriptures, notably pork and shellfish. Adventists believe that God allowed consumption of clean meat after the Flood.	To be in compliance with Seventh-day Adventist Fundamental Belief No. 22 (clean meat as specified in Leviticus 11)	<a href="http://www.adventist.org/fileadmin/adventist.org/files/articles/official-statements/28Beliefs-Web.pdf">http://www.adventist.org/fileadmin/adventist.org/files/articles/official-statements/28Beliefs-Web.pdf</a> <a href="http://www.a-vegetarian-diet.com/Leviticus-11.html">http://www.a-vegetarian-diet.com/Leviticus-11.html</a>
American Diabetes Association Nutrition Guidelines	1550-1650 calories per day Moderate-carbohydrate (about 45% of calories come from carbohydrate) <ul style="list-style-type: none"> <li>Meals have 45-60 grams of carbohydrate</li> <li>Snacks have 10-25 grams of carbohydrate</li> </ul> 10% of calories from saturated fat, and focus on healthy or "good" fat sources ("Good fats" include monounsaturated and polyunsaturated fats) 300 mg of cholesterol per day 25 grams of dietary fiber per day	Having diabetes should not prevent you from enjoying a wide variety of foods.	<a href="http://www.diabetes.org/mfa-recipes/about-our-meal-plans.html#sthash.WPRxC05f.dpuf">http://www.diabetes.org/mfa-recipes/about-our-meal-plans.html#sthash.WPRxC05f.dpuf</a>

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	2300 mg of sodium or less per day		
Atkins Diet	You eat a bit more protein—think chicken, fish, shellfish, pork, beef, and tofu; more olive oil, butter, avocado, and other delectable fats that give food flavor; and lots of leafy greens and other vegetables. You initially hold off on higher-carb vegetables, as well as fruit and whole grains. You omit starchy, sugary carbohydrate foods low in nutrients, such as bagels and sweetened breakfast cereals.	Weight-loss diet.	<a href="http://www.atkins.com/Home.aspx">http://www.atkins.com/Home.aspx</a>
Banting Diet	Only 6 food items are expressly prohibited: bread, milk, butter, beer, sugar, and potatoes. No attempt is made to restrict all carbohydrates. Exercise: not considered relevant.	Weight-loss diet.	<a href="http://www.lowcarb.ca/atkins-diet-and-low-carb-plans/harvey-banting.html">http://www.lowcarb.ca/atkins-diet-and-low-carb-plans/harvey-banting.html</a>
CHIP (Complete Health Improvement Program)	Low in total fat with minimal refined fats (fats and oils 15-20 % of total calories/day) High in fiber (40-50 grams) Low in salt Plant-food based (vegan) More reliant on whole foods, especially complex carbohydrates Sugar Minimal Cholesterol 50 milligrams Salt 5 grams Water 8 glasses/day	A Seventh-day Adventist lifestyle enrichment program designed to reduce disease risk factors through the adoption of better health habits and appropriate lifestyle modifications. The goal is to lower blood cholesterol, hypertension, and blood sugar levels and reduce excess weight. This is done by improving dietary choices, enhancing daily exercise, increasing support systems and decreasing stress, thus aiding in preventing and reversing disease.	<a href="https://www.chiphealth.com/About-CHIP/about-chip/">https://www.chiphealth.com/About-CHIP/about-chip/</a>
Daniel Fast	Based on the fasting experiences of the Old Testament prophet. It's a partial fast where some foods are eaten while others are restricted. Most people use this method of fasting for 21 consecutive days. Essentially vegan.	For spiritual purpose only. Not for any specific health benefit.	<a href="http://daniel-fast.com/">http://daniel-fast.com/</a> <a href="http://www.ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/">http://www.ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/</a>
DASH Diet	The DASH diet eating plan is a diet rich in fruits, vegetables, low-fat or nonfat	To lower high blood pressure without medication.	<a href="http://dashdiet.org/what_is_the_dash_diet.asp">http://dashdiet.org/what_is_the_dash_diet.asp</a>

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	dairy. It also includes mostly whole grains; lean meats, fish, and poultry; nuts and beans. It is high fiber and low to moderate in fat.		
Feingold Diet	A form of elimination diet where foods containing certain harmful additives are removed and replaced with similar foods that are free of those additives. Specifically eliminates artificial colors, flavors, and preservatives. Also eliminates salicylates on Stage 1. Requires adherence to a Food List of products that have been carefully researched to be in compliance with Feingold guidelines.	For children (and adults) who have behavior and/or learning problems.	<a href="http://www.feingold.org/">http://www.feingold.org/</a>
GAPS Diet (Gut and Psychology Syndrome)	Foods allowed are eggs (if tolerated), fresh meats (not preserved), fish, shellfish, fresh vegetables and fruit, nuts and seeds, garlic, and olive oil. Important to have plenty of natural fats in every meal from meats, butter, ghee, coconut (if tolerated) and cold pressed olive oil. Animal fats on meats are particularly valuable. Fermented foods (sauerkraut, yogurt, and kefir) are also a very important part of this diet. Avoid processed foods. Diet should be followed for two years (truly a diet, not a lifestyle change).	For people with serious digestive symptoms	<a href="http://www.gapsdiet.com/The_Diet.html">http://www.gapsdiet.com/The_Diet.html</a>
Hallelujah Diet	A clean food, plant-based (vegan) diet of vegetables, fruits, seeds, and nuts.	Improved health and disease prevention.	<a href="http://www.myhdiet.com/?leadsource=1944">http://www.myhdiet.com/?leadsource=1944</a>
Ketogenic Diet	The diet is high in fat, supplies adequate protein, and is low in carbohydrates. A true low-carb, ketogenic diet is one in which the percentage of calories from carbohydrates is closer to 5-10% and fat is 80% of total calories.	An elevated level of ketone bodies in the blood, a state known as ketosis, leads to a reduction in the occurrence of epileptic seizures. Another effect of the diet is that it lowers glucose levels and improves insulin resistance.	<a href="http://www.charliefoundation.org/explore-ketogenic-diet/explore-1/introducing-the-diet">http://www.charliefoundation.org/explore-ketogenic-diet/explore-1/introducing-the-diet</a>

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Kosher Diet	Kashrut is the body of Jewish law dealing with what foods we can and cannot eat and how those foods must be prepared and eaten. (See Reference.) Most notably, no pork and no mixing of meat with dairy.	The short answer to why Jews observe these laws is because the Torah says so.	<a href="http://www.jewfaq.org/kashrut.htm">http://www.jewfaq.org/kashrut.htm</a>
Low-carb High-fat Diet	Daily carb quota: 20-50 grams Fat: 80% of calories Carbs: 10% of calories Protein: 10% of calories	Aside from weight loss, a lot of people experience several other health benefits. Diabetes (some end up with no medication at all!), allergies get better, a lot of digestive problems gets better, mood swings gets better.	<a href="http://youtu.be/dSLf4bzAyOM">http://youtu.be/dSLf4bzAyOM</a> <a href="https://www.facebook.com/groups/reversingdiabetes/">https://www.facebook.com/groups/reversingdiabetes/</a>
Macrobiotic diet	Eating grains as a staple food, supplemented with other foods such as local vegetables, and avoiding the use of highly processed or refined foods and most animal products. May include fish and other seafood.	Reasons vary. Some claim diet is beneficial for cancer.	<a href="http://en.wikipedia.org/wiki/Macrobiotic_diet">http://en.wikipedia.org/wiki/Macrobiotic_diet</a>
Mediterranean diet	The Mediterranean diet emphasizes: <ul style="list-style-type: none"> <li>Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes, and nuts</li> <li>Replacing butter with healthy fats, such as olive oil</li> <li>Using herbs and spices instead of salt to flavor foods</li> <li>Limiting red meat to no more than a few times a month</li> <li>Eating fish and poultry at least twice a week</li> <li>Drinking red wine in moderation (optional)</li> </ul> The diet also recognizes the importance of being physically active, and enjoying meals with family and friends.	Heart-healthy eating plan	<a href="http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801">http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801</a>

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Ovo-vegetarian	A type of vegetarianism which allows for the consumption of eggs but not dairy products. Also called eggetarian.	Ethical motivations, or lactose intolerant.	<a href="http://en.wikipedia.org/wiki/Ovo_vegetarianism">http://en.wikipedia.org/wiki/Ovo_vegetarianism</a>
Paleo Diet	<ul style="list-style-type: none"> <li>• Eat: grass-produced meats, fish/seafood, fresh fruits and veggies, eggs, nuts and seeds, healthful oils (olive, walnut, flaxseed, macadamia, avocado, coconut)</li> <li>• Don't eat: cereal grains, legumes (including peanuts), dairy, refined sugar, potatoes, processed foods, salt, refined vegetable oils</li> </ul>	Based upon the fundamental concept that the optimal diet is the one to which we are genetically adapted. Based upon every-day, modern foods that mimic the food groups of our pre-agricultural, hunter-gatherer ancestors. The Paleo, or Paleolithic, diet advises that you avoid foods that were not available for consumption before the agricultural revolution. This means that grains, legumes, refined sugar, and dairy are off-limits.	<a href="http://thepaleodiet.com/the-paleo-diet-premise/">http://thepaleodiet.com/the-paleo-diet-premise/</a>
Pescetarian	Eats fish and/or other seafood, but not poultry or meat from mammals.	Reasons vary.	<a href="http://en.wikipedia.org/wiki/Semi-vegetarianism">http://en.wikipedia.org/wiki/Semi-vegetarianism</a>
Pollo-pescetarian	Eats poultry, seafood, and no other meat. Also written as "pesce-pollotarian."	Reasons vary.	<a href="http://en.wikipedia.org/wiki/Semi-vegetarianism">http://en.wikipedia.org/wiki/Semi-vegetarianism</a>
Pollotarian	Eats chicken or other poultry, but not meat from mammals.	Often for environmental, health or food justice reasons.	<a href="http://en.wikipedia.org/wiki/Semi-vegetarianism">http://en.wikipedia.org/wiki/Semi-vegetarianism</a>
Primal Blueprint	Almost no grains and legumes or processed foods. Primal does permit some dairy, especially yogurt and kefir, as well as small amounts of soy, red wine, dark chocolate, potatoes, rice, and quinoa.	It is based on the same premise [as Paleo] that people should be eating whole foods that were available during caveman times.	<a href="http://www.marksdailyapple.com/whats-the-difference-between-primal-and-paleo/#axzz3PPYYeA00">http://www.marksdailyapple.com/whats-the-difference-between-primal-and-paleo/#axzz3PPYYeA00</a>
Pure Vegetarian (also known as lacto-vegetarian)	Vegetarian who eats dairy products but not eggs.	Reasons vary. Some religious reasons.	<a href="http://en.wikipedia.org/wiki/Semi-vegetarianism">http://en.wikipedia.org/wiki/Semi-vegetarianism</a>
Semi-vegetarian	Mostly vegetarian but eats meat occasionally. Also called flexitarian.	Reasons vary.	<a href="http://en.wikipedia.org/wiki/Semi-vegetarianism">http://en.wikipedia.org/wiki/Semi-vegetarianism</a>
South Beach Diet	Uses a categorization of carbohydrates and fats as "good" or "bad," and steers dieters to the ones that diet considers	Weight-loss diet.	<a href="http://www.southbeachdiet.com/diet/">http://www.southbeachdiet.com/diet/</a>

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	"good." Focuses on the "glycemic impact" (short-term change in blood glucose) of foods.		
Specific Carbohydrate Diet	Grain-free, sugar-free, starch-free, and unprocessed	The diet is an all-natural way to break cycle of bacteria and yeast overgrowth by eliminating the food sources they feed on.	<a href="http://scdlifestyle.com/about-the-scd-diet/">http://scdlifestyle.com/about-the-scd-diet/</a>
Vegan Diet	Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.	People choose to be vegan for health, environmental, and/or ethical reasons.	<a href="http://www.vrg.org/nutshell/vegan.htm">http://www.vrg.org/nutshell/vegan.htm</a>
Weimar NEWSTART Program	Program based on eight fundamental principles proven to help you achieve optimum health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust. Nutrition is a vegan diet of unprocessed foods with no sugar and no oil. Requires walking a minimum of 5 miles a day every day. Does not restrict carbohydrate intake.	Designed to prevent and reverse disease, including Type 1 and Type 2 diabetes, through natural methods.	<a href="http://newstart.com/about-the-program/about-the-program/#s(hash.y0hkCeIY.dpuf">http://newstart.com/about-the-program/about-the-program/#s(hash.y0hkCeIY.dpuf</a> <a href="http://newstartclub.com/resources/detail/nutrition">http://newstartclub.com/resources/detail/nutrition</a>

Updated, 1/20/15