

Diet Trends

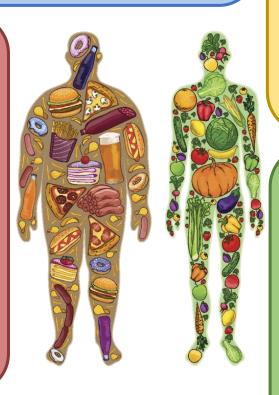
PALEO

The **Paleo Diet**, commonly known as the "caveman" or "ancestor"

GLUTEN FREE

A Gluten-Free Diet is based on eliminating foods that contain gluten, a protein found in wheat, barley, rye, some oats, and other grains. Some individuals do this to manage food sensitivities or an allergy, and others eat gluten-free based on personal choice.

AVOID: Bread, pastries, pasta and noodles, crackers, baked goods, cereal, sauces and gravies, beer, and any product with "wheat flour" as an ingredient.



INTERMITTENT FASTING

Intermittent Fasting refers to fasting, or not eating any food for a set period of time, typically 8-12 hours. The diet does not focus on what foods you eat, but rather the timing of your meals. It is believed that intermittent fasting has benefits related to weight loss and metabolic health.

VEGAN

The Vegan Diet avoids all animal products such as meat, poultry, eggs, and dairy, and all foods made with animal products. It focuses on eating plant-based foods such as fruit, vegetables, legumes, can help reduce the risk of pressure and heart disease. It blood sugar levels and bad

AVOID: Animal products, dairy, and cheese.









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ALKALINE

The Alkaline Diet is based on the idea of removing foods that

legumes), soybeans, and tofu.

AVOID: Alcohol, caffeine, grains, conventional meats, eggs, (yogurt and kefir are allowed), and excess animal meats in the







WEIGHT LOSS GRANT

If you are serious about losing weight and want to be financially rewarded for your efforts, consider applying for a weight loss grant! To be considered, simply apply by visiting: http://www.weightlossgrants.org/, or call 1-866-670-6578, 9am - 9pm ET, Monday to Friday.

All steps required to apply for this grant are noted under the "How it Works" tab on the website listed above. The amount of your grant will be up to 80% of the cost of your weight loss program, to a maximum of \$2,500, and is conditional upon full compliance with the terms and conditions of this program.

MEDITERRANEAN

The Mediterranean Diet involves eating mostly plant-based foods (fruit, vegetables, whole grains, fats (such as extra virgin olive oil) while reducing red meat consumption to no more than a few times a month and eating fish or poultry at least twice a week. It has been shown to reduce the body's bad cholesterol and reduce your risk of cardiovascular disease and other chronic health

EAT: Fruits, vegetables, fish, chicken, whole grains, and limit unhealthy fats.

AVOID: Added sugar, refined grains, trans fat, refined oils, processed foods and meats, and eat red meat sparingly.













