

Nutrition: The Importance of the “I” in Diet

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Defining “Diet”

- Defined as the kinds of foods a person habitually eats.
- Many people more commonly believe it is restricting oneself to small amounts or specific foods in order to lose weight.
- Your diet should be balanced, healthy, and sustainable.
- Long-term weight-loss studies support the idea that it is not the diet type, but rather the person’s ability to remain on track beyond the six-month point, that lead to long-term results.



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Popular Diet Trends: Intermittent Fasting (IF)

- Involves cycling periods of eating and not eating.
- One version might suggest eating 20-25% of recommended daily caloric intake.
- Another version might restrict eating to an 8- to 12-hour period within 24 hours. Some might suggest not eating at all on certain days.
- While some research shows intermittent fasting does help people lose weight in the short-term, more research is needed to investigate the long-term effects.

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Popular Diet Trends: Ketogenic (Keto)

- Drastically reduces carbohydrates and replaces them with fats.
- Forces the body into a state of "ketosis," which is when your body burns fat instead of carbs as fuel.
- Some people might see results or even need to eat this way due to certain medical conditions; however, many dietitians don't generally recommend this as it can be difficult to sustain.
- High-fat intake also could have long-term, negative effects.

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Popular Diet Trends: Vegan (V)

- Excludes all forms of animal products, including meat, eggs and dairy.
- Many people choose to follow this diet for various reasons, such as animal ethics and environmental concerns.
- Associated with many health benefits such as weight loss, improved heart health, and blood sugar control, although more research is needed.



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Intuitive Eating

- Weight loss is not a goal of Intuitive Eating.
- Encourages people to get back in touch with their bodies' needs and listen to internal rather than external cues.
- Honors hunger and fullness cues.
- Rejects a diet mentality and food rules.
- Adopts body-positive behaviors like exercising and eating foods that make you feel good.



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CDC Dietary Guidelines

- Emphasize fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
- Include lean meats, poultry, fish, beans, eggs, and nuts.
- Restrict saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.
- Stay within your daily calorie needs.



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