SUPERFOOD

It is a marketing term for food with supposed health benefits, such as to eliminate localized fat, rejuvenate your skin, prevent cancer, bring more well-being, among many other effects. For example:

• **Ginger -** helps to control nausea; helps to treat sore throats and nasal congestion, among others.

• **Goji Berries -** help in digestive process and weight loss; promotes fertility, among others.

If you want to know more about all of these subjects you can explore the following reliable websites:

Paleo
www.thepaleodiet.com

Low Carb
www.dietdoctor.com

Vegetarianism
www.vegsoc.org

Superfood
www.foodmatters.com/superfoods

" Your diet is a bank account. Good food choices are good investments."
- Bethenny Frankel

DIETS & FOOD FASHIONS

The Portuguese Team from:

Escola Secundária
Maria Amália
Vaz de Carvalho

VEGETARIANISM

It is practiced by people seeking to avoid the death of animals.
It consists basically on grains, seeds, vegetables, cereals and fruits, with or without the use of dairy products and eggs.

Vegetarians exclude the consumption of meat as well as of fish.

There are four big types of vegetarianism:

- Ovolacto-Vegetarians
- Lacto-vegetarians
- Strict Vegetarians
- Vegan

	Ovolacto-vegetarians	Lacto-vegetarians	Strict Vegetarians	Vegan
Don't eat meat	●	●	●	●
Don't eat eggs		●	●	●
Don't eat dairy products			●	●
Don't eat any food from animal origin			●	●
Don't use/wear anything from animal origin (cosmetics, going to the Zoo, etc)				●

LOW CARB DIET

It is a diet that restricts carbohydrates and helps lose weight. It's high in protein, fat and healthy vegetables.

CAN EAT

- Unprocessed meat, fish, cheese, eggs, high-fat dairy, vegetables (EXCEPT potato, beet, boiled carrot)
- Dry fruit and nuts (EXCEPT peanuts)
- Fats: butter, olive oil, coconut oil, palm oil and other healthy oils (EXCEPT margerine)
- Seeds, fruit, non-gluten grains (corn, flaxseed, chickpeas, quinoa, brown rice)
- Water, tea and wine

CAN'T EAT

Some grains and processed food, packaged food, low-fat products, wheat, seed oils, and sugar.

PALEO DIET

It is a modern diet requiring the sole or predominant consumption of food presumed to have been the only food consumed by humans during the Paleolithic era.

CAN EAT

- Meat, fish, eggs
- Vegetables, sweet potato, beet
- Dry fruits and nuts (hazelnuts and chestnuts)
- Seeds, spices (onion, garlic and herbs)
- Healthy oils
- Dehydrated fruit
- Water, tea, coffee
- Dairy products (moderately)

CAN'T EAT

- All grains
- Potatoes
- Sugar, dough, flour
- Margarine, processed oils (sunflower oil, canola oil, soybean oil)
- Soft drinks, beer, wine
- Processed food in general